The simplest way...
to use leftovers in the lunch box

Leftovers are an easy way to pack your kids a healthy lunch whilst clearing out the fridge. Simply prepare a little bit extra the night before! Your kids will love the tasty leftovers and their lunch box will be sure to come home empty.

Try some of these ideas:

- Spaghetti bolognaise tastes great on a wholemeal bread roll
- Healthy fried rice or stir-fries are a fun alternative to a sandwich
- Turn leftover vegies into a frittata...they taste great cold!
- Simply add leftover baked veg to a sandwich or use steamed sweet potato or pumpkin as a sandwich spread with cheese (add your favourite salad)

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.

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