The simplest way

to pack the five food groups!

Follow our easy guide to pack the healthiest lunch box that features the five food groups - and don’t forget a bottle of water!

Fruit: It’s high in fibre, vitamins and minerals. Serve fruit in fun ways: try fruit kebabs or fruit in small containers, and remember kids are more likely to eat it if it’s cut up into small pieces.

Vegies: Pack carrot and celery sticks with hummus or salsa, or even a vegie slice.

Breads + cereals: Try wholemeal bread, wraps and pita, or rice and pasta leftovers.

Reduced-fat dairy: A slice of cheese, yoghurts and custards are all great lunch box items.

Lean protein: cooked chicken, tuna, egg, roast meat, or legumes such as red kidney beans and chickpeas.

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

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