The simplest way

...Six steps to packing a healthy lunch.

Follow these tips to make lunch-packing a cinch!

**Breads/ cereals:** wholemeal or wholegrain bread, wraps and pita. For a treat, pack pikelets, rice cakes or homemade muffins and slices.

**Fruit:** Serve in fun ways; try fruit kebabs or fruit in jelly, and cut whole fruit into small pieces.

**Veggies:** Pack carrot or celery sticks with hummus.

**Reduced-fat dairy:** A slice of cheese, yoghurt or custards are all great lunch box items.

**Lean protein:** cooked chicken, tuna, egg or roast meat. Legumes like red kidney beans and chickpeas are a good source of protein, and a great source of fibre too!

**Water or milk:** Water or reduced-fat milk are the best drink choices for the lunch box.

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.