The simplest way

...to make a creative lunch box.

Don’t feel like you have to send the same old vegemite sandwich every day...

- **Make fresh spring rolls** – they’re great for dinner and can be used as leftovers, too! See eatittobeatit.com.au for a free recipe
- **Cut vegies into thin sticks** – send with a small container of hummus
- **Make a fruit salad** – dice whatever fruit you have into small pieces
- **Send leftover vegie curry** – leftovers can be kept warm in a small thermos
- **Add fruit to yoghurt** – decant a large tub of reduced-fat yoghurt into small boxes, and add pieces of fruit for a sweet twist.

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.