The simplest way

...to pack a healthy lunch box.

Remember your daily target for fruit and vegies? Everyone should aim for 2 serves of fruit and 5 serves of vegies, every day. Sounds hard, but it’s easy if you include fruit and veg across the day...try these simple ideas:

- **Pack vegetable sticks** – try carrots, celery, capsicum and cucumber – with hummus and vegetable based dips (like pumpkin, beetroot, spinach or red bean)
- **Add a small 150g tin of baked beans** to your child’s lunch box.
- **Leftovers** are an exciting lunch box addition: try packing fried rice, vegie stir-fries or some vegie frittatas - they all taste great cold!
- **Make a fruit salad** – use whatever fruit you have in the house, children prefer small pieces of food.

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