

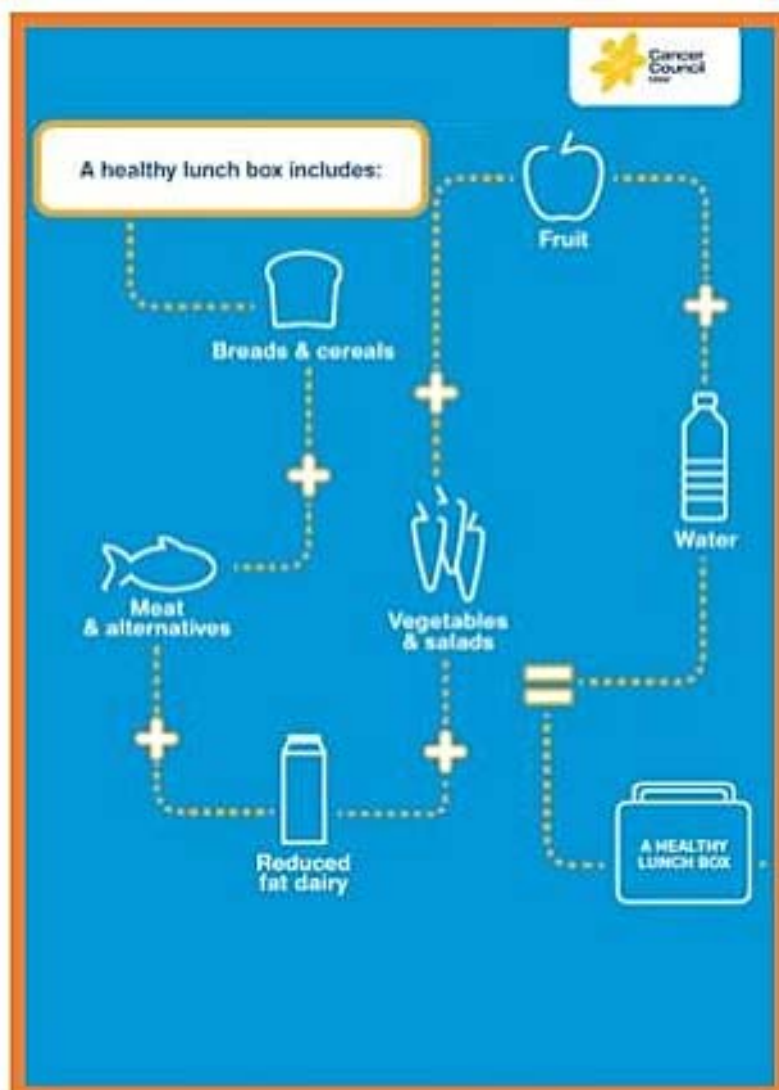
The simplest way

...to pack a healthy lunch box.

Packing a healthy lunch box is as simple as including each of these food groups. And you can combine several in a single item.

Try a pita pocket (bread) with lamb kofta (meat) and tabbouleh (salad).

Or go for a tub of whole or puréed berries with natural yoghurt for a fruit and dairy combo.



For more information visit www.eatittobeatit.com.au
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The *Eat It To Beat It* program is supported by the Western Sydney
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