

The simplest way

...to use leftovers in lunch boxes.

Cooking extra for dinner and using leftovers for lunches is a great way to save time, money and add extra veg to the midday meal.



Here are some great lunch box-ready meals:

- Noodles, pasta, stir fry or fried rice.
- Homemade pizza.
- Cottage pie or spaghetti bolognaise (added to a bread roll).
- Frittata or veggie slice.
- Baked veg (roast pumpkin or sweet potato on wraps and sandwiches), corn on the cob.
- Homemade potato salad or coleslaw (on a sandwich with home-cooked meat, chicken or tinned tuna).

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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