

# Pack your child a **HEALTHY LUNCH BOX**



Choose a variety of foods from each food group

**Fruit**



**Vegetables**



**Dairy**



**Wholegrains**



**Lean meat  
& alternatives**



**A Healthy Lunch Box**



**MAKE WATER  
YOUR DRINK**



**PACK ICE BRICKS  
TO KEEP FOOD  
COOL**



**USE A THERMOS  
TO KEEP FOOD  
WARM**



**NSW** Health

This resource was developed and designed by the Health Promotion Service, Western Sydney Local Health District, with contributions by South Eastern Sydney Local Health District and Stevens Slootshaven Local Health District.