

# 5 Steps To Pack A Healthy Lunchbox

## 1. Fruit

1 serving,  
examples:



## 2. Vegetables

At least 1-2 serve, examples:



Add a dip to help kids eat veggies

## 4. Healthy Snack

1 serve ONLY, examples:



## 3. Main Lunch

Include protein and healthy fat to keep your tummy full, plus whole grains (if eating grains) for long lasting energy. Examples include homemade hamburger with salad; wraps with chicken and salad; quinoa, brown rice, eggs, chickpeas etc. Include a dairy source such as cheese or side of yoghurt if eating dairy.



## 5. Water Bottle

Your body is made up mostly of water. You use this when you play, learn and go to the toilet. Be sure to drink water to replace what you use! It's the best drink for your body.



This great healthy lunchbox planner was designed by **Belinda Smith of The Root Cause** and approved by Nutritionist **Jo Atkison of Whole Family Wellness**.

For more healthy lunchbox ideas, including free recipes and great online courses, visit <http://therootcause.com.au>.

*The*  
**Root**  
**Cause**