

Nutrition Snippet

WHAT IS THE HEALTHY LUNCH BOX?



A one-stop-shop for everything you need to know about packing a healthy lunch box.

Here's what you'll find on the website:

- Interactive lunch box builder that helps parents and kids plan and pack a healthy lunch with foods they like.
- Lots of quick and easy recipes and snack ideas.
- Informative blogs about healthy eating for the family.
- Sign up to receive the Healthy Lunch Box e-newsletter for ideas, updates and recipes.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box