

# Healthy Made Tasty website

There's something for everyone.

## Healthy Lunch Box

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



## Interactive lunch box builder

Get kids involved in planning and packing a healthy lunch box.

## Cancer prevention

Find out how to reduce your cancer risk by eating well and moving more.

## Healthy tips

Practical information and advice on healthy eating, preventing cancer and more.



## Resources

Videos, fact sheets and printouts for families, schools and health professionals.

## Keep up to date

Subscribe to our FREE monthly e-newsletter to get new recipes, practical tips and up to date cancer prevention information.



## Free, easy and delicious recipes

Hundreds of recipes that include nutrition tips and cost saving ideas.

## Snack ideas

Snack suggestions, swaps and recipes to make healthy snacking easy.



Visit [healthymadetasty.com.au](https://healthymadetasty.com.au) for recipes and information you can trust.