## Nutrition Snippet

## HEALTHY GRAB-AND-GO

SNACKS
Making homemade snacks can be cheaper, healthier and better for the environment, but sometimes you just need a grab-and-go snack that is not packed with sugar, salt and saturated fat.

Read our blog to find out our top 8 grab-andgo snacks to pack when time is low
healthylunchbox.com.au
Cancer Council Healthy Lunch Box

