

Back to school checklist

- Have lunch box, food containers, water bottle and ice packs clean and ready to go.
- Label everything!
- Plan some lunch box menus. Remember to add healthy snacks!
- Stock the pantry and fridge with easy to pack items.
- Prepare and freeze some lunch foods and snacks - handy for the lunch box on those busy days.
- Get kindy kids to practice eating recess and lunch at home so they know how to open their lunch box and containers.
- Sign up for the Healthy Lunch Box e-newsletter to receive regular ideas, updates and recipes.
- Don't forget to be SunSmart - pack a hat and sunscreen.

For everything you need to know about packing a healthy lunch box visit:

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box