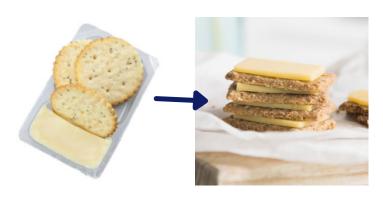
## Nutrition Snippet

## **HEALTHY SWAPS**

Swap out processed cheese spread and crackers Pack sliced cheese and wholegrain crackers



For more ideas see our interactive <u>healthy swaps page</u>.

For this recipe and more visit: **healthylunchbox.com.au** 



Cancer Council
Healthy Lunch Box