



GROWING HEALTHY KIDS

Kids at school need good food for their bodies and brains. A good lunchbox means good learning and good growing.

Mix and match a lunchbox to suit your taste, budget and time. Choose **ONE** or **MORE** items from each **Go**, **Grow** and **Glow** group.

Glow

Fruit and veg help your kids fight sickness and have healthy skin, teeth, eyes, hair and bodies.



=Go

Grain foods give your kids the fuel they need to learn, play and concentrate the whole day.



GROW

Protein rich foods help your kids to grow strong and healthy bodies and brains.



Water is best!

Keep your kids hydrated with plenty of water.

For extra flavour add fruit, mint or lemongrass.

If your kid needs more food, add extra serves from each **Go**, **Grow** and **Glow** groups.

Scan for more information

