

The simplest way

...to save time packing lunches.

We know parents are eager to pack healthy, nutritious lunches.

But doing it five times a week, and getting the kids keen on healthy options such as fruit and vegetables, can feel like a chore.



Plan ahead to get organised and save time:

- Make sandwiches at the beginning of the week and freeze, then add fresh salad on the day.
- Cook extra at dinner and use leftovers for lunches - baked veg, stir fry, pasta and rice work well.
- Chop up sticks of carrot, capsicum, celery or cucumber and store in a container in the fridge until ready to use.
- Let the kids help prepare and select, saving you time and getting them interested.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The *Eat It To Beat It* program is supported by the Western Sydney Local Health District Live Life Well @ School Program.