

The simplest way

...to create yummy sandwiches.

Wholegrain breads and cereals - the foundation of a healthy lunch box, and great base for yummy fillings.

Cancer Council's *Eat It To Beat It* program recommends limiting or avoiding processed meats (sausages, frankfurts, bacon, ham) because of their link with increasing the risk of bowel cancer.



Try some of these great ideas:

- Roast pumpkin with salad (grated carrot + lettuce, pesto + baby spinach) on multigrain, wholemeal or white high-fibre bread.
- Leftover cottage pie or spaghetti bolognese, with lettuce and grated carrot on a wholegrain bread roll.
- Tinned salmon/tuna and canned sweet corn on crispbread.
- Chopped egg and lettuce in a pita pocket.
- Tabouli salad and feta cheese on a wrap.
- Mashed banana and sultanas on sourdough.

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.