

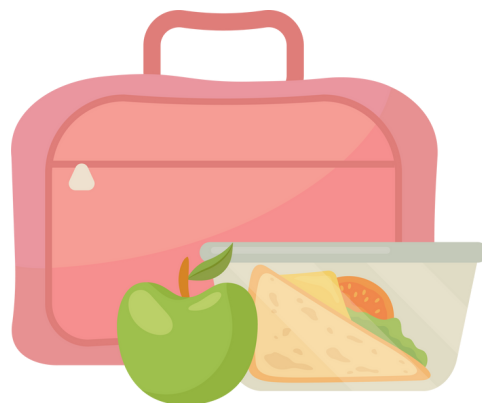
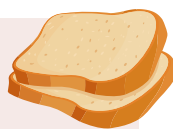
Balance the Box

Help kids to **GO, GROW and GLOW** by including food from each group in the lunchbox.

Go foods

GRAINS

- Wholegrain bread, rolls or wraps
- Focaccias or Turkish bread
- Fruit bread
- English muffins or bagels
- Pasta, noodles or rice
- Quinoa or cous cous
- Wholegrain crispbreads or crackers



Grow foods

DAIRY

- Tub of yoghurt
- Cheese stick, slices or cubes
- Custard
- Milk popper
- Calcium fortified soy or other plant-based milks



MEAT & ALTERNATIVES

- Lean chicken, beef, lamb, pork or turkey
- Hardboiled egg
- Canned tuna or salmon
- Hommus dip
- Lentils, chickpeas and kidney beans
- Baked beans
- Falafels
- Tofu cubes



Glow foods

FRUIT

- Whole fresh fruit
- Fresh fruit salad
- Tub of diced fruit
- Fruit puree
- Dried fruit



VEGETABLES

- Cherry tomatoes
- Celery, capsicum, cucumber or carrot sticks
- Corn cob or tinned corn spears
- Green beans or snow peas
- Leftover cooked vegetables
- Lentils, chickpeas or kidney beans

