

# Pack your lunch box from these food groups

## Breads and cereals



## Water



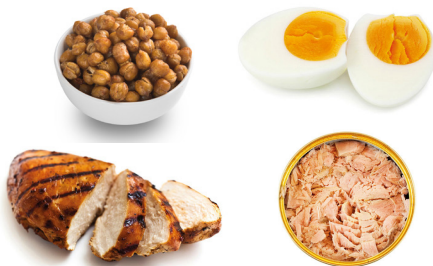
## Vegetables and salads



## Fruit



## Meat and alternatives



## Dairy and alternatives



Visit [healthylunchbox.com.au](https://www.healthylunchbox.com.au) for recipes and information you can trust.



**Cancer Council**  
Healthy Lunch Box