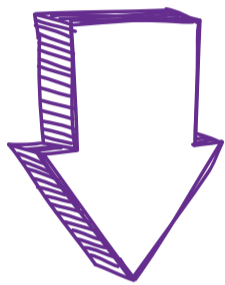


SWAP IT LUNCHBOX CHOICES: DRINKS

SWAP FROM...

Juice
Cordial
Soft drink



SWAP TO -

Plain milk poppers (Devondale)
Milk Alternative poppers (So Good)
Water pop tops (6x 250ml bottle)



SWAP TO - HOMEMADE

Freshly filled water bottles (add fruit and veg such as lemon, lime, cucumber or strawberries for flavour)
1-3L reduced fat milk varieties
1L milk alternative varieties
(So Good, Sanitarium, Zymil, Vita Soy, Liddells)



For more lunchbox ideas and products go to our SWAP IT webpage at: www.goodforkids.nsw.gov.au

