

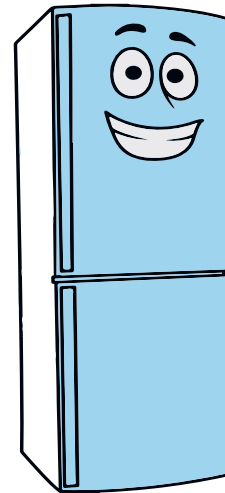
Our Top 5 Time-Saving Tips for Packing a Healthy Lunchbox



1 THE FREEZER IS YOUR FRIEND

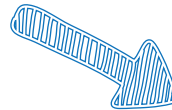
Keep a batch of fruit buns or pikelets wrapped, ready to go in the freezer (for up to 3 months).

Whole sandwiches can be made ahead of time and frozen too. Use ingredients like cooked meat, cheese or mashed eggs then just put the frozen sandwich straight into the lunchbox.



2 READY TO GO SNACKS

Think whole baby carrots, baby cucumbers, cobs of cooked corn & child-sized whole fruit like pears, mandarins or bananas (just check they are appropriate for your child's age and not a choking risk).



3 Snack packs of tinned fruit and yoghurts are quick and easy. Use the Swap It Choices list to find healthier versions of pre-packaged snacks like pre-portioned rice wheels or rice crackers.



4 A LITTLE PREP

Chop extra vegetables while preparing the evening meal. Portion these into a zip lock bag or plastic containers ready for the lunchbox.



5 To save money, portion your own yoghurt, tinned fruit or crackers for the week in advance. Stock up on plastic snack containers next time they're on sale!

