



Cancer  
Council

HEALTHY  
LUNCH  
BOX

# The simplest way

## ... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.



Cancer Council's website [healthylunchbox.com.au](http://healthylunchbox.com.au) is a one-stop-shop for everything families need to know about packing a healthy lunch box.

Parents will find information on the five food groups, what constitutes a healthy lunch box, sandwich alternatives, sandwich filling ideas, snack ideas, swaps for unhealthy snack foods, recipes and tips. The website features an [interactive healthy lunch box builder](http://healthylunchbox.com.au) where parents can get their kids involved in planning the lunch box and choosing foods they will eat and enjoy.

[healthylunchbox.com.au](http://healthylunchbox.com.au)