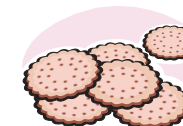


# Lunch box checklist

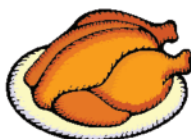
Is there a food from each of these groups in your lunch box?



Bread, cereals & grains



Lean meats & alternatives



Fruit



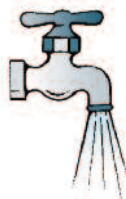
Vegetables



Reduced-fat dairy



Water



Health Promotion Service



Health  
Sydney  
Local Health District



Health  
South Western Sydney  
Local Health District