

Healthier lunchbox swaps

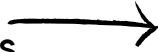


TRY OUT THESE SIX HEALTHIER LUNCHBOX SWAPS

SWAP OUT



White bread, rolls, wraps, crackers and crispbreads



SWAP IN

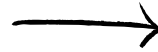
Wholegrain or high-fibre options



SWAP OUT



Butter on bread, rolls or wraps



SWAP IN

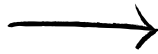
Avocado, hommus or plant-based dips and spreads



SWAP OUT



Cordial, juice poppers or sugary drinks



SWAP IN

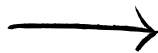
Water or plain milk or milk alternative



SWAP OUT



Potato chips



SWAP IN

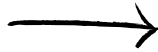
Veggie sticks with hommus



SWAP OUT



Sweet and savoury biscuits



SWAP IN

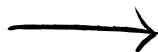
Plain popcorn or basic pikelets



SWAP OUT



Iced cakes, muffins and buns



SWAP IN

Homemade fruit loaf or muesli slice

