


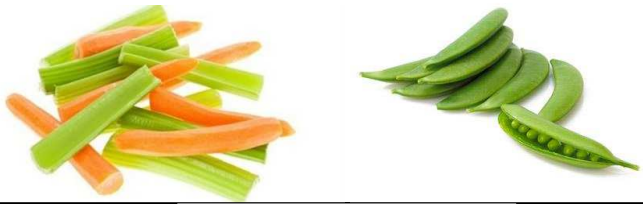



Healthy Ideas and Choices for Children's Lunch Boxes

<p>Fruit (2 Pieces)</p>	
<p>Fibre/Grains (Sandwich, wrap, rice, pasta)</p>	
<p>Dairy</p>	
<p>Vegetables (2 Pieces)</p>	
<p>Water</p>	

NQS A2 Children's Health and Safety

Standards 2.1 Each child's health and physical activity is supported and promoted.

2.1.3 Healthy eating and physical activity are promoted and appropriate for each child.