

A CHEAPER CHOICE

Which lunch fills us up the most?



**TUMMIES FEEL HUNGRY SOONER AND
ENERGY DOESN'T LAST**



**Only have these foods
occasionally and in small amounts**

**TUMMIES FEEL FULL FOR LONGER
GIVING LASTING ENERGY**



Have these foods everyday!

For more information visit:

'Eating for Healthy Children' Ministry of Health booklet: www.cph.co.nz/resources/eating-for-healthy-children/

Practical lunchbox tips and recipes: www.fuelled4life.org.nz and myfamily.kiwi

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