

# EASY LUNCHBOX SWAPS

**INSTEAD OF...**



Fruit leathers or strings

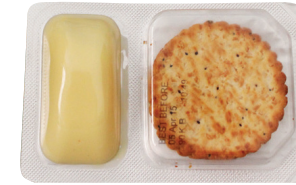


**TRY...**



Fresh fruit

**INSTEAD OF...**



Processed cheese and crackers



**TRY...**



Cheese and crackers



Muesli bar



Seeds



Pie



Pasta



Chocolate biscuits



Fruit bun



Chips



Popcorn



Chocolate bar



Plain yoghurt



Nutella or jam sandwich



Marmite and cheese sandwich



Chocolate muffin



Bran muffin



Fruit sticks



Vege sticks and hummus