In Australia, school students take lunch to school. They need enough food for the whole school day. There are two meal breaks. Food for school needs to be cooked, ready to eat and stored safely.

Pack a lunchbox with one or more from each of these groups:

- **Breads and grain foods** for learning and playing
- **Meat, fish, eggs, beans, dairy and soy foods** for growing strong
- **Fruit and vegetables** for keeping healthy

For further information, please contact healthynewcommunities@health.qld.gov.au

Healthy New Communities Project is an initiative of the Logan Community Health Action Plan
10 steps to a healthy lunch

1. Wash hands

2. Prepare food and containers

3. Add breads and grain foods for learning and playing

4. Add meat, fish, eggs, beans, dairy and soy foods for growing strong

5. Add fruit and vegetables for keeping healthy

6. Wrap food or place in containers

7. Place in lunchbox

8. Fill a bottle of water from the tap

9. Add frozen ice brick to keep food cool

10. Lunch is now ready for school