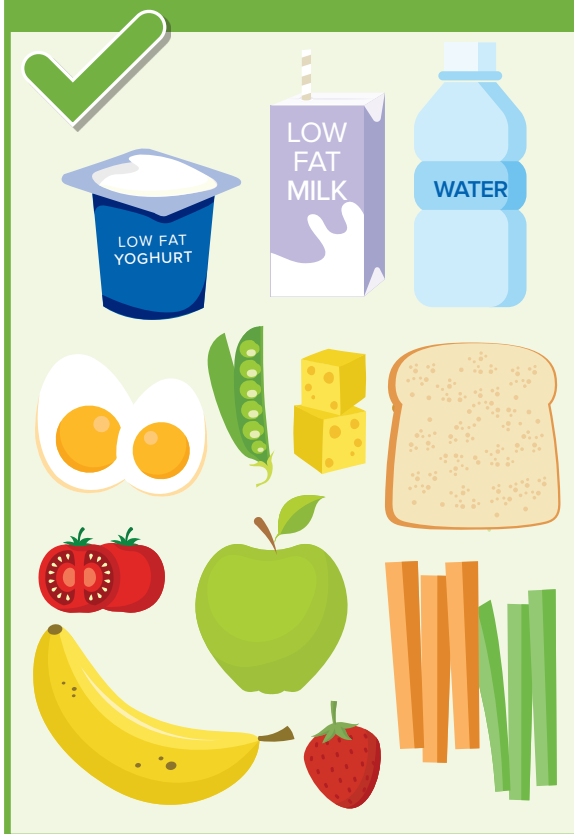




Deadly Tucker Box Healthy Alternatives

DeadlyKidsSA and Watto Purrunga Aboriginal Primary Health Care Service provide resources to help parents pack a healthy lunch for their pre-school and primary school aged kids.

In green are examples of healthy food options you can add to your kids' lunchbox



In red are foods that you may occasionally give to your kids, but should not be part of a daily diet



For more information

DeadlyKidsSA
Public Health Services
11 Hindmarsh Square, Adelaide SA 5000
Telephone: 08 8226 6116
www.sahealth.sa.gov.au/DeadlyKidsSA

Public – I1 – A1

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