

Deadly Tucker Box!

TIPS

Prepare lunch the night before

Include a frozen water bottle to help
keep food cool

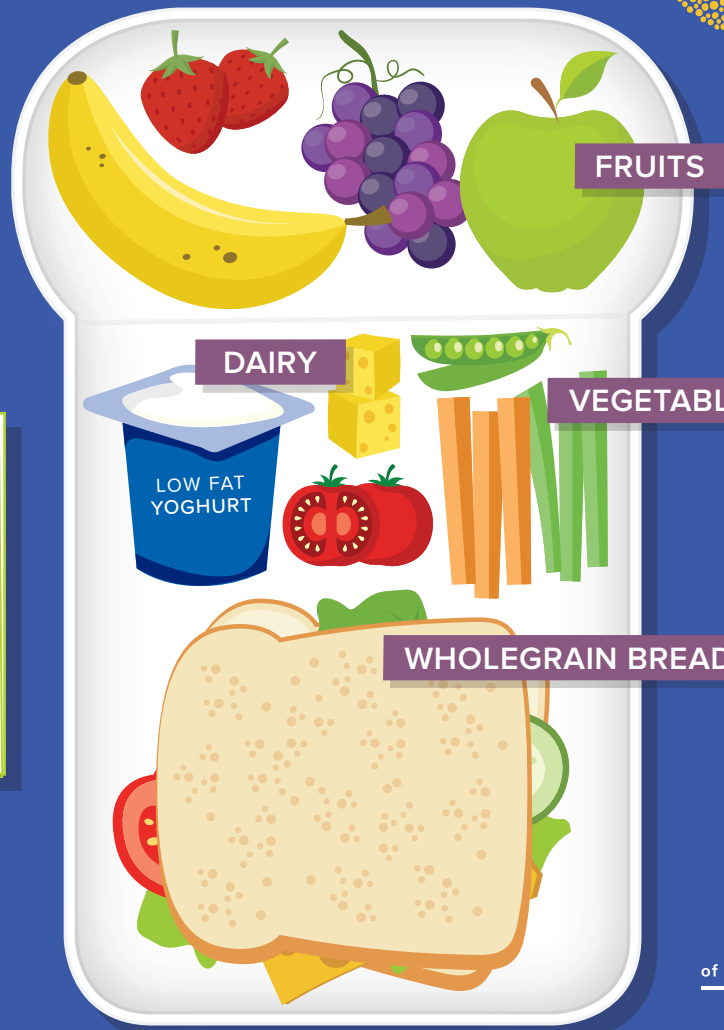
Try to include some vegetables and
1-2 serves of fruit every day

Make sure the food is easy to eat

#DeadlyKidsSA

Healthy Kids Deadly Kids

For more Deadly Tucker ideas, go to
www.sahealth.sa.gov.au/DeadlyKidsSA



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