

Packed with Goodness.

Teaching families the importance of
fueling little bodies with healthy food.



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Supported by



Crunch&Sip®

Packed with Goodness.

Packing a healthy lunchbox fuels kids for their best possible day at school and helps form healthy habits.

We are offering FREE healthy lunchbox education sessions for parents at all Western Australian primary schools.

The sessions are 90 minutes in length and cover the following topics:

- the importance of fruit and vegies for kids
- tips for packing a healthy lunchbox
- healthy alternatives to pre-packaged snacks
- label reading
- the best drink choices for kids

Each parent will receive a free resource kit to take home, packed with information and goodies to get started.

If you would like to book a Packed with Goodness session at your school contact **nutrition@cancerwa.asn.au** or seek further information on our website **crunchandsip.com.au**.