



[www.wholekids.com.au](http://www.wholekids.com.au)

**Have you packed a balanced lunch?**

- Carbohydrate  
  Protein  
  Dairy  
  Veggies  
  Fruit

Head to [www.wholekids.com.au/resources](http://www.wholekids.com.au/resources) for more info on child nutrition

Does your lunch box look like this?

GREEN | kiwi, broccoli, lettuce, peas, edamame  
 RED | watermelon, capsicum, raspberry  
 YELLOW/ORANGE | pumpkin, pineapple  
 BLUE/PURPLE | eggplant, fig, onion  
 WHITE/COLOURLESS | cauliflower, potato  
 cucumber, celery, apples, strawberries, plums, carrot, orange, avocado, green apples, banana, grapes, mushroom, cabbage, garlic, tomato, carrot, strawberry, kiwi, watermelon, capsicum, pumpkin, eggplant, fig, onion, pineapple, cauliflower, potato

**Remember to eat a Rainbow!**