

# Packed with Goodness.

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



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# 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](mailto:nutrition@cancerwa.asn.au)** or seek further information on our website **[crunchandsip.com.au](http://crunchandsip.com.au)**.