



## Quick everyday lunchboxes

It doesn't take a lot of time to pack an everyday lunchbox.

To save time try:

- Packing the lunchbox the night before
- Using leftovers from dinner in the lunchbox
- Packing whole fruit and vegetables, such as apples, bananas, cherry tomatoes or baby cucumbers.



For more time saving tips visit:

<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/tips-to-save-time/>

