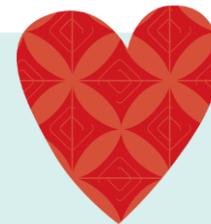


# Filling lunch boxes



Protein is important for helping children grow and to sustain energy levels throughout the day.

## Protein-rich ideas for lunch boxes:

- ♥ Cheese sticks, cubes or grated cheese -grated carrot and cheese is also a tasty sandwich combo
- ♥ Yoghurt
- ♥ Boiled eggs, in a sandwich or whole
- ♥ Lean meats: chicken or turkey, tuna, or salmon
- ♥ Dips such as hummus are ideal with vegetable sticks or crackers
- ♥ Cooked or canned chickpeas or falafel
- ♥ Homemade leftovers, roast chicken, tuna or bean pasta salad, pizza, chop suey, frittata etc.

