

Healthy lunches made easy

A3 Poster

This visual resource shows how to put together a child's lunch. With great pictures, and minimal wording, it is easy to understand and use.

Developed for:

- Anyone wanting to learn about what makes a healthy lunch

Suitable for:

- Health professionals working with parents/children
 - General Practitioners, Practice Nurses and Dietitians, etc.
- Agencies and associations working with children people
 - eg: Schools, ECE's, OSCAR
- Parents wanting new and nutritious ideas for children's lunches



Includes:

- Tips for healthy lunches
- Portion size awareness
- Separated into food groups so easy to follow
- Clear pictorial examples

\$0.25 per copy (including GST)
 plus postage and packaging
 (\$2.00 for 1-5 copies, \$5.00 for 6-10 copies, \$10.00 over 10 copies)

To place an order please contact:

Sue Burgess, Resource Co-ordinator
Community and Public Health
PO Box 1475, CHRISTCHURCH
Phone (03) 3786 721 Fax (03) 3796 125
sue.burgess@cdhb.govt.nz

Item	Quantity	Price	Postage	Total
Healthy lunches made easy		\$0.25		

Payment Method

- Cheque enclosed made out to Canterbury District Health Board

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How did you hear about the resource?

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