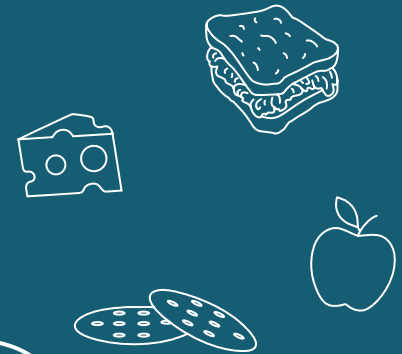


# A CHEAPER CHOICE

Which lunch fills us up the most?



**TUMMIES FEEL HUNGRY SOONER AND  
ENERGY DOESN'T LAST**



**Only have these foods  
occasionally and in small amounts**

**TUMMIES FEEL FULL FOR LONGER  
GIVING LASTING ENERGY**



**Have these foods everyday!**

For more information visit:

'Eating for Healthy Children' Ministry of Health booklet: [www.cph.co.nz/resources/eating-for-healthy-children/](http://www.cph.co.nz/resources/eating-for-healthy-children/)

Practical lunchbox tips and recipes: [www.fuelled4life.org.nz](http://www.fuelled4life.org.nz) and [myfamily.kiwi](http://myfamily.kiwi)

Date: Term 1 2018, For more info visit: [cph.co.nz](http://cph.co.nz)