

## TOP TIP

### Water is best!

Include water in your child's lunchbox! Keep it exciting by pre-freezing water slushies that will defrost by first break, or by adding chopped fruit to your child's water bottle for colour and flavour.

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***For free dietary advice,***

contact the Pick n Pay dietitian at [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za)