

# TOP TIP

Starting to think of kids lunchboxes for the start of school? Here are some nutrient-packed quick and easy ideas:

- Carrot and cucumber sticks with a dip
- A pesto pasta salad with chicken and sweetcorn
- Wholegrain crackers with cream cheese
- Peanuts and raisins
- Slices of apple with peanut butter
- Flavoured milk



**FOR FREE DIETARY ADVICE,**

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