

# SCHOOL FUEL!

## A NUTRITIONIST'S GUIDE TO KEEPING YOUR KIDS GOING AND GROWING!

Want to power up your child's lunch box? **Try protein rich options!**  
Think: chicken, eggs, tuna, or beans.

Give your child the ultimate trifecta – half **fruits & veggies**, a quarter **whole grains**, and a quarter **protein!**



**Aim for 3 colours!**



**More colours = more nutrients!** mix it up for a vibrant, energising meal that contains a variety of benefits!



**POW!**

Kids are **more likely to eat snacks than sandwiches!**

**Make them pack a punch!**  
Think: boiled eggs, bliss balls, cheese, yoghurt, jerky, veggie sticks, hummus and crackers!

If you can, invest in a reusable water bottle

**Kids drink more from a bottle than a bubbler!**



Confused about nutrition? You're not alone! From picky eaters, to balanced blood sugar, or healthy eating on a budget - we've got you covered.  
Speak to our community nutritionist, book a consult today!



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