



Woolworths



At home you can access many good resources about Healthy Eating for kids on the Woolworths website.

When you go onto the website you will see a button up the top that says discover then down the side of the page different options will appear, if you then click on Fresh food Kids and then Healthy Eating you can access all of these.

<https://www.woolworths.com.au/shop/discover/fresh-food-kids/healthy-eating-for-kids>

- Lunchbox ideas and snacks
- What is a nude food lunch box?
- 4 ways to get your kids packing their own lunchboxes
- Healthy and easy lunch box ideas
- Easy recipes for the kids and family
- Kids on the kitchen
- Fun with fruit and veggies
- Fun food experiments



Packing a healthy lunch box



Healthier kids' summer snacks



Easy tricks for getting your kids into the kitchen



4 ways to get your kids packing their own lunchbox



7 energy boosting snack ideas for kids



7 healthier sports snacks for kids on the go



Portable sports snacks and lunches for active kids



8 new ideas for your kid's lunch box



Jamie's lunch boxes



Easy kids' recipe for tortilla egg cups



The Incredibles fruit platter & masks



Family makeaway night



Easy recipes for kids



5 delicious and easy whole grain recipes for kids



9 recipes to get you kids eating winter fruit and veggies