**The Phunky Foods Ambassadors**

**Healthy Packed Lunch Audit**

**Should include Could include**

**Carbohydrate  Healthy snack **

**Protein ** (e.g. malt loaf, crackers,

**Vegetables ** sugar free jelly**,**

plain popcorn,

**Fruit ** scones,

breadsticks,

**Dairy** **** rice cakes)

**We checked your child’s lunchbox today and found items from the above food groups.**

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