

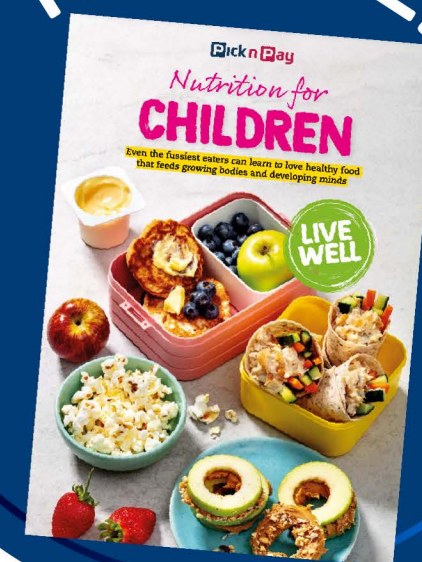
TOP TIP

ADD A PERSONAL TOUCH

Tuck a surprise, such as a note or stickers, in your children's lunchboxes or hide a special treat at the bottom. Pack fun napkins - draw a face on a banana with a marker pen or cut sandwiches into novelty shapes using a cookie cutter.



READ ME!



FOR A FREE COPY OF THE BOOKLET,
contact the Pick n Pay dietitian at healthhotline@pnp.co.za