

# THE HEALTHIEST CHOICE IS OFTEN THE CHEAPEST



## Two lunchbox comparisons

### Lunchbox 1

- yoghurt
- apple
- egg and lettuce sandwich
- 2 wholegrain crackers with marmite
- carrot sticks
- water

**2.5+ teaspoons of sugar**

**full tummies and long lasting *energy***

**Cost:**  
**\$2.01**

VS

### Lunchbox 2

- a fruit string
- muesli bar
- giant cookie
- fruit drink box
- chippies

**17+ teaspoons of sugar!**

**hungry tummies soon after eating**

**Cost:**  
**\$4.18**

