

MAKE IT COUNT



Save money by making and packing healthy snacks into your child's lunchbox

Time is a factor for all of us, but using convenience pre-packaged snacks for your child's lunchbox could be costing you hundreds of dollars over the year!

The snacks in this lunchbox cost **\$2.60**

Cost over a childcare year (40 weeks at 3 days/week)

= \$312



Fruit Drink 125ml
\$0.65



Diced fruit salad in juice 113 g
\$1.25



Chips 18g snack pack
\$0.30 each



Tiny Teddy biscuit 25g snack pack
\$0.40 each



Skip the chips for rice crackers and slice your own block of cheese

\$0.25

Smarter Choices

Buy tinned fruit salad in bulk and serve small portion (113g)

\$0.35



The snacks in this lunchbox cost **\$0.98**

Cost over a childcare year (40 weeks at 3 days/week)

= \$118



Swap the biscuits for 2 x petite plain or fruit pikelets

\$0.38



Swap the fruit drink for tap water

\$0.00

Prices as at July '19

SAVE over **\$190** per year by packing a healthy lunchbox every day!

For more information, visit learnbyheart.org.nz