

# Let's L K at Lunches

*Inspiration for fresh, fast & budget friendly lunchboxes  
from your local health service*

Take the challenge out of packing a healthy lunchbox thanks to a new initiative from Northern NSW Local Health District. They have created a fortnightly newsletter that will be delivered straight to your inbox full of lunchbox inspiration, tips, recipes, ideas and competitions. Our school encourages healthy lunchboxes so we recommend you to subscribe if you haven't already. All you need to do is send your **first name**, **email address** and **postcode** by:

- Email to [lookatlunches@gmail.com](mailto:lookatlunches@gmail.com), or
- Text to 0429 033 517



You can also follow us on Instagram @lookatlunches. We look forward to lightening your load and sharing ideas!



**Health**  
Northern NSW  
Local Health District