

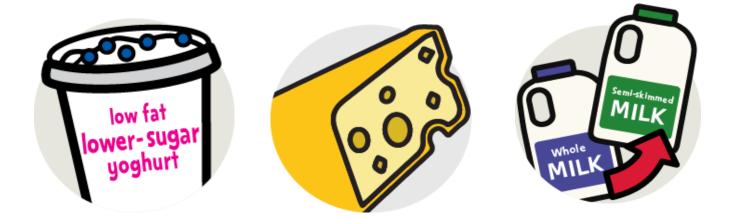


Add me – a lunchbox dairy choice

Always add a dairy food in a lunchbox

Full of calcium?





Dairy foods are rich in calcium and needed for strong and healthy bones and teeth **Add** milk, cheese or yogurt.

Other ideas - try a pot of rice pudding or custard

Add a dairy choice every day to the lunch box