School Lunch

Choose some **bread and cereal**

Choose a **protein food**

Choose a **fruit and a vegetable**

Choose a **drink**

This resource was produced by the Association for Services to Torture and Trauma Survivors (ASeTTS) and the East Metropolitan Population Health Unit in Perth, Western Australia for the National Child Nutrition Program. 2004.

Please see www.asetts.org.au for information on where to access 'Good Food for New Arrivals' resources.

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