

Nutrition Snippet

IS FRESH ALWAYS BEST?



Frozen and canned varieties are just as good as fresh in these expensive times. They:

- 1) are usually cheaper**
- 2) are available all year round**
- 3) can save you time**
- 4) are just as nutritious**

For more information read our blog

healthy-lunchbox.com.au/is-fresh-always-best



Cancer Council
Healthy Lunch Box