



# HEALTHY EATING COMPETITION

## COMMUNITY

To enter, take a **photo** of your or your child's **lunchbox** contents, **list** the food ingredients, and summarise how eating the **healthy lunch** made you or your child feel.

## COMPETITION DATES

Entry dates 9 February - 9 March.

## HOW TO ENTER

Email your photo to [Louise McKenzie](mailto:louise.mckenzie@monashhealth.org)  
[louise.mckenzie@monashhealth.org](mailto:louise.mckenzie@monashhealth.org).

## FOR INFORMATION

<https://monashhealth.org/services/health-promotion/>

Visit [healthylunchboxweek.org.au](https://healthylunchboxweek.org.au)  
for ideas and tips.



GO INTO THE  
DRAW TO WIN

### 1st prize

Awesome sustainable lunchbox pack.

### 2nd prize

Insulated drink bottle and reusable straws.

### 3rd prize

Reusable straws.  
Conditions apply.