

THE STUPENDOUS LUNCHBOX SAFARI

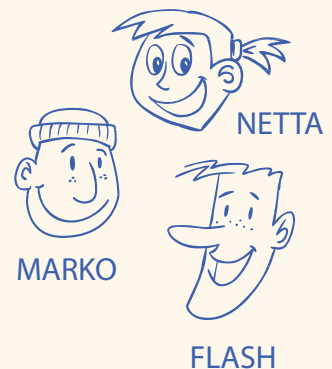


Follow the adventures of those intrepid tasters Netta, Marko and Flash as they criss-cross the globe in search of the world's best lunchbox tucker and amazing food facts. Check out our Indispensable Lunchbox Guide with tips to help you avoid lunchbox blunders and five easy-to-make kid-friendly recipes which will make packing lunches a breeze.

Phew! Or should that be Hola! Merhaba! Xin chào! Ciao! and G'day!

Just back from our stupendous safari to search out the tastiest lunchbox treats from around the world. It was a big job, chockful of danger and over-stuffed stomachs, but someone had to do it. Every school day is an action-filled learning adventure so everyone needs a seriously yummy lunchbox jam-packed with nutritious food.

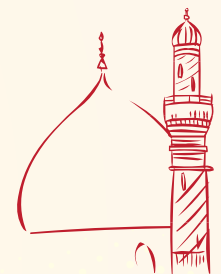
Our first stop was Magnificent Mexico. We slapped on our sombreros and scoured the streets for super salsas and appetising enchiladas. Had to untangle Flash from an unfortunate incident involving a red hot chilli and a prickly cactus but we soon patched him up.



La Cucharacha! Did you know that the favourite food of cockroaches is the glue on the back of stamps? And that every time you lick a stamp you consume 1/10 of a calorie? Eeeuughh! We suggest you make like a Mexican and bite a burrito instead. They're delicious.

Our second stop: the Marvellous Middle East. The food was great: kebabs, felafel, hummus, tahini and couscous. It's packed full of flavour and nutritious as well; just perfect for filling empty tummies. Unfortunately Flash somehow got stuck between a hungry camel and a large piece of baklava but a few Band-aids and he was as right as rain again.

Did you know that giraffes can go for longer without water than camels? But kids can't, they need to be topped up regularly. Taking a water bottle to school means you can sip while you play so you aren't wilting by home time.



We rolled on to our third stop, Vibrant Vietnam, and were blown away by the fantastic food, chowing down on ravishing rice paper rolls and scrumptious stir-fries. Flash ended up in a collision between a motorbike and a red-hot wok, but that didn't stop him sampling all the wonderful Vietnamese food he could get his bandaged hands on.



Did you know that a kilo of grasshoppers is three times more nutritious than a kilo of beef? But the legs can tickle your tonsils on the way down! Protein is essential for growing kids so try lean meats, fish, eggs, almonds, dried beans, lentils or chickpeas.

THE STUPENDOUS LUNCHBOX SAFARI



Follow the adventures of those intrepid tasters Netta, Marko and Flash as they criss-cross the globe in search of the world's best lunchbox tucker and amazing food facts. Check out our Indispensable Lunchbox Guide with tips to help you avoid lunchbox blunders and five easy-to-make kid-friendly recipes which will make packing lunches a breeze.

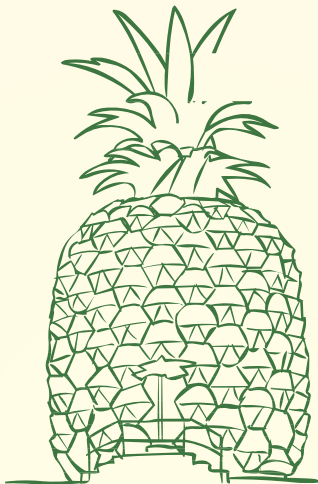
Continued...

Then came our fourth stop, **Inspiring Italy**. Lucherissimo! Pizza, pasta, vine ripened-tomatoes, olive oil, mozzarella cheese... Flash was eating seven lunches a day until there was a nasty accident involving a gondola in Venice. We fished him out of the canal, cut him back to one lunch a day and he was soon back on track.

Did you know that the word "spaghetti" actually means "little strings" and that if you laid one kilogram of spaghetti noodles end to end they would reach for more than 200 metres? But remember, there's no need to tie yourself into knots over filling a lunchbox with all the different types of pasta that are available.



Almost Home: **Awesome Australia!** Last stop on our trip to tease out the world's best lunchtime tucker. Flash said he couldn't go one more day without a great Aussie sanger and some fabulous in-season fruit and produce.



Did you know that a pineapple is actually a berry? And that berries are packed full of antioxidants that are fantastic for your health? Guess that makes the Big Pineapple in Queensland one berry good feed!

We collected such great recipes that as soon as he gets out of the hospital (who knew a seagull could be that vicious?) Flash is sure to be cooking up a storm and filling lunchboxes by the dozen. Lunch will never be the same.

Lots of love
Netta, Marko & Flash

P.S. Lunchboxes Rule!

