Healthy packed lunch

* 1) wholemeal brown roll with a seeded top made with organic flour. Line caught mackerel, home grown tomatoes and cucumber.
* 2) Pina colada non – alcoholic made with fresh fare trade pineapple. Recyclable paper drinking straw and umbrella.
* 3) fair trade nut and apricot mix. Container recyclable plastic.
* 4) home grown cherry from England.
* 5) fair trade chocolate and home grown beetroot.

By Lachie Fox Grant