

# **Nutrition Snippet**

## **SUPER SOUPS**

**With the colder weather upon us, soups are an ideal way to eat more vegies!**



**Our hearty soups are perfect for lunch – just pack in a thermos to warm up tummies at school on a cold day. Give these recipes a try:**

- **[Vegie pasta soup](#)**
- **[Red lentil soup](#)**

