Good for kids good for life

www.goodforkids.nsw.gov.au Phone 1300 657 197

Lunch Box Ideas

What and how much food to pack in lunch boxes

Water Bottle – freeze to keep food cool

Lean Protein Choose One Serve: boiled egg, cold meat balls, skinless chicken, baked beans, lean roast meat, tuna, salmon

Fruit

Choose One Serve:

'snack pack' or canned fruit fresh fruit pieces or strawberries, plums, apricots, cherries dried fruit e.g. small box of sultanas, 2 dates 4 dried apricot halves

Vegetables

Choose 1 to 2 Serves: vegetable sticks - carrot, cucumber, celery with optional dip such as hommus small corn on the cob try salad on sandwiches – lettuce, grated carrot, cucumber, tomato

Breads and Cereals

wholegrain or wholemeal are best

Choose 1 to 2 Serves:

flat bread/ wraps bread – breadsticks crumpets, english muffins pasta/ rice salad & low fat dressing spaghetti rice cakes wheatmeal biscuits rice crackers salt reduced pretzels fruit bun, scone, pikelet high fibre/low fat crackers

Milk and alternatives Choose 1 to 2 Serve: milk or soy (plain) tetra pack cheese – stick/ slice/grated plain or flavoured yoghurt custard snack pack, fruche

rice pudding

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Extras or Sometimes foods are better left for special occasions and best not to be packed for school. These include:

<u>Sweet drinks</u>:

Fruit juice, Fruit straps, roll ups Sports Drinks Cordial, Soft Drink Flavoured milk

High sugar foods:

Flavoured custard Dairy desserts or puddings Lollies, chocolate Donuts, cakes, muesli bars, sweet biscuits

High fat foods:

Potato chips Corn chips, twisties etc Fatty meats: devon, salami Pies, sausage rolls

This is a guide. Refer to "Australian Guide to Healthy Eating" for food requirements on an average day.





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Packing healthy lunchboxes

Lunch and snacks are a great opportunity to offer a range of foods from each of the foods groups.

Some tips to help pack a healthy lunchbox:

- ✓ Include foods from a variety of food groups by including: protein, whole grain breads, fruit and vegetables, reduced fat milk and milk alternatives
- ✓ Include a drink: preferably water and/or plain milk
- ✓ Involve children in packing their lunchbox: involve your child in choosing what they would like to eat at school by providing them with options from each food group
- ✓ Ask your children to bring home uneaten foods and talk about what they enjoyed or didn't enjoy. Continue to offer less popular foods from time to time and try to present them in a different way
- ✓ Ask if enough food was packed or too much. Often too much food is packed in school lunches and that is why food id left uneaten.
- ✓ Presentation is important: make school food appealing
- ✓ Keep food in the lunchbox cold (with a freezer brick or frozen water bottle) to keep it appealing and prevent the growth of bacteria

For more lunch box ideas see: <u>www.freshforkids.com.au</u>

www.goforyourlife.vic.gov.au

www.nutritionaustralia.org

www.health.nsw.gov.au/pubs/e/pdf/easy_lunch.pdf



