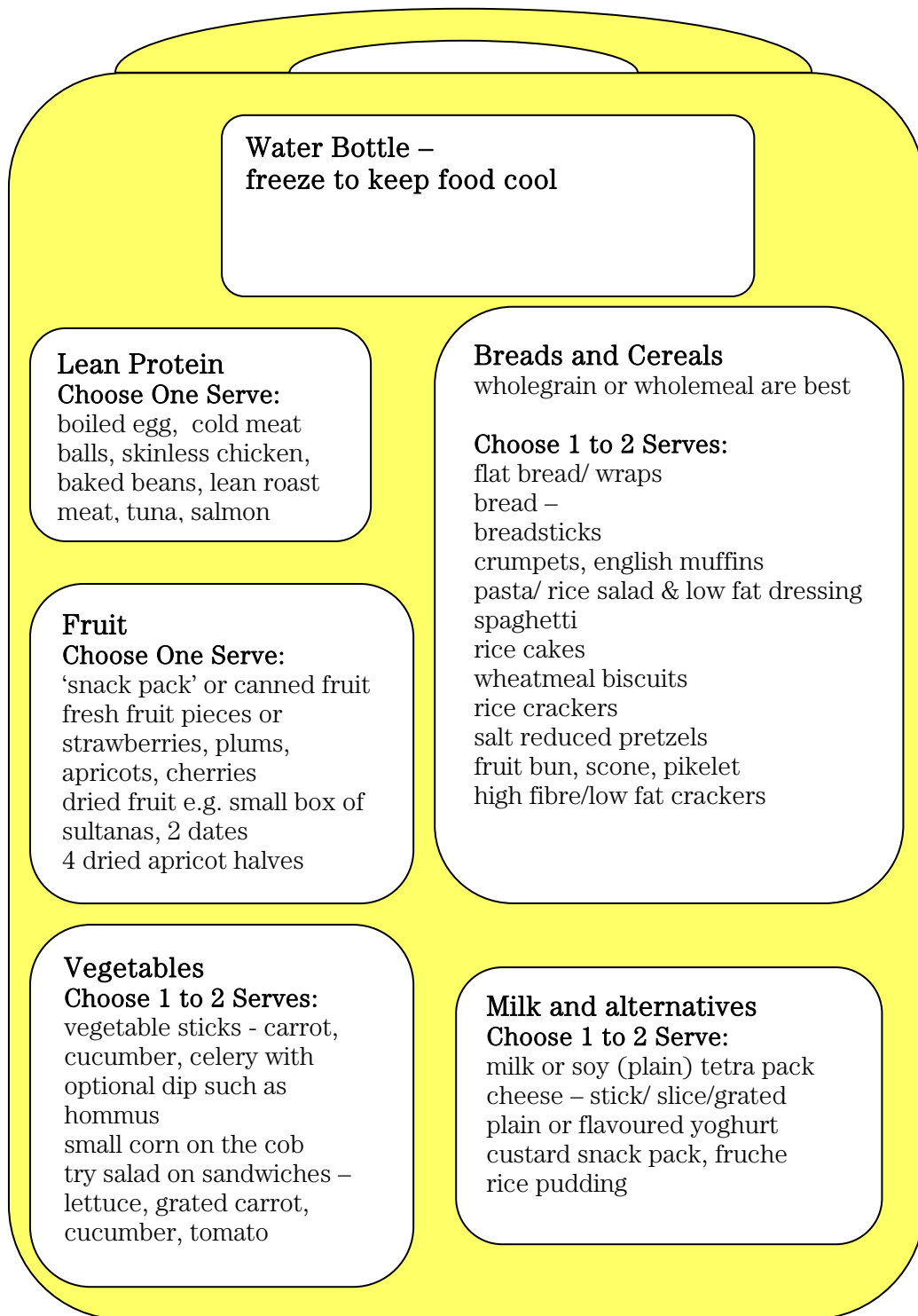


Lunch Box Ideas

What and how much food to pack in lunch boxes



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

Sweet drinks:

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.

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 is 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:

www.freshforkids.com.au

www.goforyourlife.vic.gov.au

www.nutritionaustralia.org

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