

# Healthy lunchboxes



## Lunchbox inspiration



**Main** – roast beef, cheese and salad roll

**Snacks** – pikelets with grated vegetables, apple

**Crunch&Sip®** – capsicum sticks and a water bottle

**Main** – rice salad with diced vegetables and tinned tuna

**Snacks** – yoghurt, dried apricot, banana

**Crunch&Sip®** – celery and carrot sticks and a water bottle



**Main** – chicken, cheese and salad wrap

**Snacks** – vegie sticks and humus

**Crunch&Sip®** – strawberries and a water bottle

**Main** – pasta salad with egg, 3 bean mix and rainbow vegetables

**Snacks** – pizza scroll, yoghurt, apple

**Crunch&Sip®** – snow peas and a water bottle





# Healthy lunchboxes



A healthy lunchbox keeps children fuelled for a long day of learning and play, and supports growth and development. Lunchboxes should contain about one third of a child's food for the day. Remember to also pack a water bottle and a Crunch&Sip® snack, preferably vegetables.

## Include items from each of these key food groups:



**1. Vegetables**  
as snacks or as a filling



**2. Fruit**  
as snacks



**3. Bread & Cereals**  
wholegrain or multi



**4. Dairy rich in calcium**  
reduced fat milk, yoghurt,  
cheese or alternatives



**5. Meat and meat alternatives**  
rich in protein



**6. Crunch&Sip®**  
vegetables or fruit and a water  
bottle

## Foods to leave out of the lunchbox

These foods are not essential for good health and are best left out of the lunchbox:

- Soft drink, cordial, flavoured waters, sports drinks and energy drinks
- Chocolate, chocolate spread, jam, honey and lollies
- Crisps, and similar snack items, deep fried foods, fast food
- Store-bought biscuits, muffins, cakes, pastries, pies and sausage rolls
- Processed meats such as salami, ham and bacon

## Lunchbox safety

Keep food safe and minimise the risk of food poisoning.

- Keep cold food cold. Place an ice brick, frozen water bottle or frozen tub of yoghurt in the lunchbox. Pair with an insulated lunchbox or cooler bag.
- Keep hot food hot. Use an insulated flask for soup and other hot meals.
- Any food left in the lunchbox at the end of the day should be thrown out.
- Wash and dry lunchboxes and water bottles each day.
- Wash your hands before preparing food





# HEALTHY FOOD AND DRINK CHOICES

## FACTSHEET

## Tips for making healthy food and drink choices – Parents and carers

Children's energy needs for a busy day at school require them to eat a variety of foods. Children will have the best chance of getting all the nutrition they need if they are offered a variety of tasty and healthy foods every day.

Over their schooling life children can consume up to 2500 meals. Therefore it is crucial that these meals are nutritious, whether brought from home or purchased from the school canteen. All meals should reflect healthy food choices.

### Healthy foods allow children to:

- ✓ grow and develop
- ✓ concentrate.

### Lunches from home reflect:

- ✓ personal choice
- ✓ parental knowledge about health and nutrition.

### Parents and carers can support healthy food and drink choices. When making lunches at home:

- ✓ include bread, wholegrains, rice, pasta or noodles (try wholegrain for extra goodness)
- ✓ include reduced fat milk, cheese or yoghurt
- ✓ include some meat, fish, chicken, eggs
- ✓ go for 2 (fruit) and 5 (vegetables).

### Some lunch ideas:

- ✓ sandwiches, rolls or wraps
- ✓ quiche
- ✓ mini pizza with cheese and vegetable toppings.

### These foods and drinks are not good choices for school lunches:

- ✗ chips, crisps and similar snacks
- ✗ high fat savoury biscuits and snacks
- ✗ sweet biscuits and cereal bars
- ✗ lollies and chocolates.



✓  
**GREEN**  
FILL THE  
MENU



⊖  
**AMBER**  
SELECT  
CAREFULLY



⊗  
**RED**  
OFF THE MENU

