

Healthy lunchbox tips *to help kids grow, play & learn*

1. Choose a **main lunch** item

✓ Sandwich or wrap

Bread - wholegrain, Wholemeal, rye, pita bread or crispbreads

Protein: Chicken, ham, turkey, tuna, salmon, cheese, egg

Vegetables: Lettuce, tomato, grated carrot, beetroot, avocado, cucumber

Spread: Avocado, mayonnaise, ricotta, cream cheese, pickle

✓ Rice or pasta salad

(Filled with vegetables and egg, chicken or tuna)

✓ Mini muffin or pita pizzas

(Topped with ham, tomato, cheese, pineapple, spinach, mushrooms)

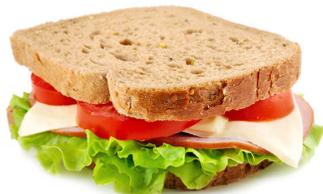
✓ Salmon, tuna or vegetable patties

✓ Rice paper rolls & sushi rolls

✓ Antipasto plate

(Grated carrot, cheese blocks, boiled egg, cherry tomatoes, avocado slices, olives)

✓ Zucchini slice



2. Put in a **piece of fresh fruit**



3. Add a **core snack**

- ✓ Vegetable sticks (carrot, capsicum, celery, snow peas, tomatoes) and hummus dip
- ✓ Tuna and crackers
- ✓ Celery sticks filled with cream cheese or natural peanut butter
- ✓ Block cheese and crackers
- ✓ Hard boiled egg
- ✓ Yoghurt & fresh fruit
- ✓ Wholegrain crispbread with tomato, avocado, cheese, ricotta
- ✓ Homemade vegetable muffins
- ✓ Homemade banana bread
- ✓ Left over roasted vegies
- ✓ Vegie pikelets
- ✓ Mini antipasto plate



4. A **bottle of water** (can be frozen to keep other foods cool)

- ✓ Children under 8 years of age need at least 4-6 glasses of water each day

Remember: If your child is very active and playing sports or on hot days your child will require more water to stay hydrated



4. An **extra snack**

- ✓ Some children need more food to sustain them for the entire day
- ✓ Choose a fresh piece of fruit or another core snack

'Sometimes foods' should only be included in the lunchbox a few times a week as an addition to the main lunch (not as the main lunch or core snack)

These foods should not be eaten alone and are better eaten with main lunch

This includes: chips, chocolate biscuits, lollies, iced buns, donuts, LCM bars etc