

# 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**