

For a healthy lunchbox **PICK & MIX**  
something from each group 1-6 !



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## 1. FRUIT

Fruit is a great way for kids to get their 'five a day.' Fresh is best, but dried and canned fruits are fine if free of added sugars. Bananas, apples, oranges and pears are some of the best choices as they have natural packaging. They stay firm and tasty all day long.



### FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

### MIXED FRUIT

- Fruit salad
- fruit kebabs

### DRIED FRUIT

- Dried fruit, nut, popcorn mixes\*

### TINNED FRUIT/ SNACKPACKS/CUPS

- In natural juice (not syrup)

## 2. VEGETABLES

Veggies are vital for brain health. Luckily, there are many ways to make them part of exciting, nutritious lunchboxes. You could try a vitamin rich hummus with pepper dippers. Or crispy kale chips as an alternative to crisps. How about a spicy bean salsa or stuffed cucumber boat?



### FRESH CRUNCHY VEGGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

Can be served with hummus, tomato salsa, tzatziki, beetroot dip, natural yoghurt

### SALADS

- Coleslaw and potato salad
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad\*

### BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins
- Vegetable slice

### SOUP (In small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup
- Pumpkin soup

## 3. DAIRY

Dairy is essential for bone health. Milk, cheese and yoghurt are superb sources of calcium and protein. Don't fear full fat. If portion sizes are sensible, they're a great way to keep kid's tums full for longer. Beware of low-fat products that swap fat for sugar.



- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip: Freeze the night before to keep cool during the day.

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

Can serve with either fruit, wholegrain cereal, low in sugar, vegetable sticks, rice and corn cakes, wholegrain wheat crackers.

## 4. MEAT/PLANT PROTEIN

Kids need lots of protein to fuel growth. It can be found in both animal and plant-based substitutes. Meat should be lean and cooked in minimal oil (grilled, baked or steamed). For meat free meals, try tinned fish, heart healthy lentils, boiled eggs or unsalted nuts and seeds.



- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebab
- Peanut butter\*

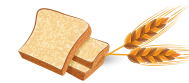
Can serve with wholegrain sandwich, roll, pita or wrap bread with salad, rice and corn cakes, wholegrain wheat crackers, side salad

- Vegetable frittata
- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean or deli meats and vegetables

Can serve with side salad, steamed or roasted vegetables.

## 5. WHOLEGRAINS

The grains in sandwich bread are a wonderful source of fibre. When eaten as wholegrains (rye, multigrain, wholemeal, sourdough, linseed, etc), they provide slow release energy and regulate blood sugar. White bread, on the other hand, is highly processed and packed with unhealthy sugars.



### MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

### SAVOURY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

### SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

### SNACKS

- High fibre, low sugar cereal
- Wholemeal scones
- Pikelets• Crumpets
- Hot cross buns (no icing)

## 6. WATER

No matter what else is in their lunchbox, kids must have access to drinking water. Along with milk, it's one of the best ways to stay hydrated. It should be given in place of fruit juices. They may seem healthy, but they're filled with sugar and nutritionally poor.



- Take a water bottle (for refilling throughout the day)

Tip: Freeze overnight to keep foods cool in lunch boxes.