



Lunchbox tips

Here are 5 tips to think about when packing your child's lunchbox:

1. Include a variety of everyday foods from the 5 food groups

- **Breads and cereals**
 - Use different types of bread for sandwiches or wraps – wholemeal, multigrain, high fibre white, rye, focaccia or pita bread
 - Try pasta, rice, couscous, noodles or quinoa in a salad
- **Vegetables**
 - Pack easy to eat vegie sticks – carrot, capsicum, celery, cherry tomatoes or snow peas
 - Include plenty of vegies in sandwiches or wraps – lettuce, sprouts, grated carrot, cucumber or beetroot
- **Fruit**
 - Try any fresh fruit in season – peel or cut up for easy eating
 - Tinned fruit (in natural juice) or stewed fruit can add some variety
- **Dairy foods and alternatives**
 - Include reduced fat yoghurt or custard
 - Try wholemeal or multigrain crackers with cheese
- **Meat and meat alternatives**
 - Try lean ham, tinned tuna, boiled egg or peanut butter* in sandwiches or wraps
 - Use left-over roast meat like chicken, beef, pork or lamb in sandwiches or salads.

2. Limit occasional foods

- Occasional foods such as chocolate, lollies, muesli bars, chips or sweet biscuits are best kept for special occasions at home.
- These foods are high in fat, sugar and/or salt and do not offer children any goodness.
- Try some of the following everyday foods in your child's lunchbox instead:
 - Pikelets or scones
 - Fruit bun or fruit bread
 - Plain air-popped popcorn
 - Trail mix made with plain popcorn, dried fruit and breakfast cereal
 - Home-made vegetable or fruit muffins - visit www.gofor2and5.com.au for recipe ideas

3. Don't forget the water bottle

- Water is the best drink to beat thirst.



4. Include enough food for the day

- Use your child's appetite as a guide.
- Pack something for recess and lunchtime and include a variety of foods from the 5 food groups.

5. Keep food safe!

- Send your child's food in an insulated lunchbox or bag.
- Add an ice brick or frozen water bottle to keep lunches cold.
- Store lunches out of the sun and well away from heaters.
- After school throw away uneaten food unless sealed in a packet. Clean lunchboxes and drink bottles with hot soapy water and allow to dry.

Try some of the following ideas:

- Lean roast beef, grainy mustard and lettuce on rye bread
- Mini-pizza - English muffin topped with vegetables, lean ham and cheese
- Pasta salad with roast chicken, 3-bean mix and vegies
- Small tin of baked beans and a bread roll
- Mashed egg and reduced-fat mayonnaise with cucumber on multigrain bread
- Grated carrot, sultanas and peanut butter* on high fibre white bread
- Vegemite™, cheese and chopped celery on a roll
- Tuna, corn and reduced-fat mayonnaise with sprouts wrapped in mountain bread
- Lean ham, cheese and coleslaw in a wholemeal bread roll

* Check your school's policy on nuts

For more lunchbox ideas visit:

www.movewelleatwell.tas.gov.au/families

