



## 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 veggie sticks – carrot, capsicum, celery, cherry tomatoes or snow peas
  - Include plenty of veggies 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](http://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](http://www.movewelleatwell.tas.gov.au/families)

