

## Planning a Healthy Lunchbox

To help ensure your family is getting the right amount of food and nutrients each day ensure that a wide variety of items are included in their lunchbox:



### Vegetables and legumes/beans

- Salads - tomatoes, carrots, cucumber, celery, lettuce
- Vegetables - stir fried, corn on the cob, capsicum slices
- Low fat potato salads

### Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

- Sliced bread, bread rolls
- Pita/pocket bread
- Lavash bread
- Fruit bread
- Homemade pizza on English muffin
- Pasta or noodles
- Rice
- Crackers, crisp bread
- Scone



### Drinks

- Include a bottle of water every day

### Fruit

- Piece of whole fresh fruit
- Fruit salad
- Tinned fruit



### Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

- Sliced lean meats - lamb, ham, chicken, beef
- Boiled eggs
- Tuna/Salmon
- Baked beans
- Lentils – including chickpeas, butter beans, etc
- Eggs

The Australian Dietary Guidelines recommend reduced fat dairy products for children over the age of 2.

## Weekly Menu Planning Tool - Healthy Lunchbox Combinations

Tip: Get the family to assist with menu planning by writing in their favourite foods throughout the week:

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Home-made apple and cinnamon muffin	Example Lunch Box <ul style="list-style-type: none"> <li>• Cold rice and vegetable salad</li> <li>• Rice Cakes</li> <li>• Yoghurt</li> <li>• Orange</li> <li>• Bottle of Water</li> </ul>	Scone with banana	Example Lunch Box <ul style="list-style-type: none"> <li>• Ham and salad wrap</li> <li>• Dried apricots</li> <li>• Small milk popper</li> <li>• Baked beans</li> <li>• Bottle of water</li> </ul>	Reduced fat yoghurt and mandarin or grapes
Lunch	Multigrain Roll – tomato, cucumber, lettuce, reduced fat cheese		Pita pocket with lean ham and salad		Chicken and salad sandwich
Afternoon Tea	Yoghurt Almonds		Crackers & reduced fat cheese  Apple		Wholegrain crackers  Celery, cucumber, carrot, capsicum sticks with hummus

The table above provides different examples for each day of the week. Try to repeat some foods a few times over the week. Lunches are a great way to use up some 'Leftovers' from the night before.

**Make sure you keep food in lunchboxes safe – include a small freezer brick/frozen drink.**

