

## Healthy Lunchboxes

**Nutrition for Outside School Hours Care** • an NAQ Nutrition program

#### 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:





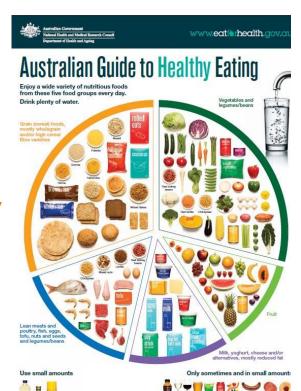


### Vegetables and legumes/beans

- 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



#### 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

#### **Drinks**

 Include a bottle of water every day

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





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#### **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	Scone with banana	Example Lunch Box  Ham and salad wrap  Dried apricots  Small milk popper  Baked beans Bottle of water	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		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.





