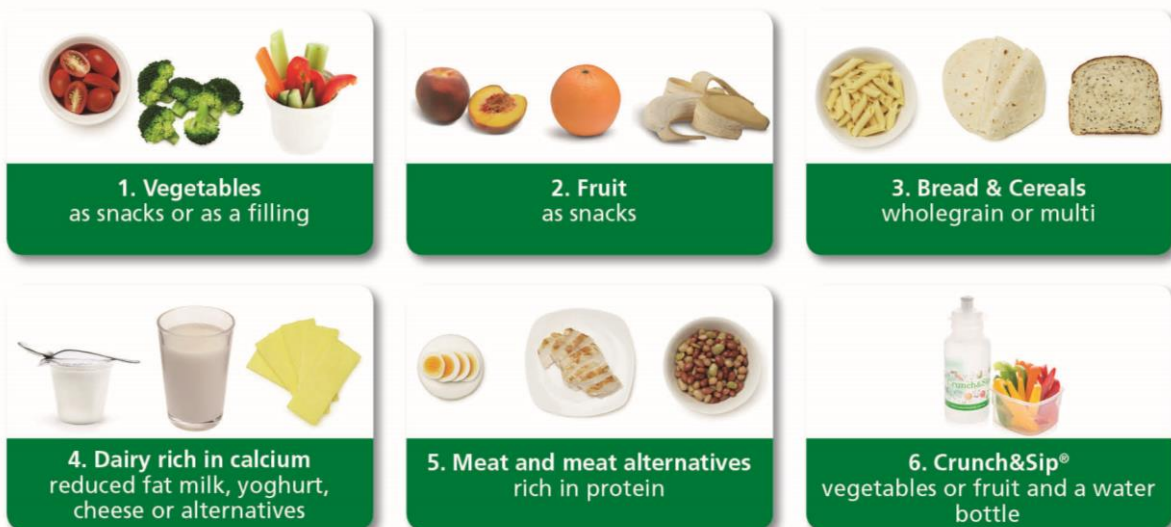


Healthy lunchboxes



A healthy lunchbox keeps children fuelled for a long day of learning and play, and supports growth and development. Lunchboxes should contain about one third of a child's food for the day. Remember to also pack a water bottle and a Crunch&Sip[®] snack, preferably vegetables.

Include items from each of these key food groups:



Foods to leave out of the lunchbox

These foods are not essential for good health and are best left out of the lunchbox:

- Soft drink, cordial, flavoured waters, sports drinks and energy drinks
- Chocolate, chocolate spread, jam, honey and lollies
- Crisps, and similar snack items, deep fried foods, fast food
- Store-bought biscuits, muffins, cakes, pastries, pies and sausage rolls
- Processed meats such as salami, ham and bacon

Lunchbox safety

Keep food safe and minimise the risk of food poisoning.

- Keep cold food cold. Place an ice brick, frozen water bottle or frozen tub of yoghurt in the lunchbox. Pair with an insulated lunchbox or cooler bag.
- Keep hot food hot. Use an insulated flask for soup and other hot meals.
- Any food left in the lunchbox at the end of the day should be thrown out.
- Wash and dry lunchboxes and water bottles each day.
- Wash your hands before preparing food

Healthy lunchboxes



Lunchbox inspiration



Main – roast beef, cheese and salad roll

Snacks – pikelets with grated vegetables, apple

Crunch&Sip[®] – capsicum sticks and a water bottle

Main – rice salad with diced vegetables and tinned tuna

Snacks – yoghurt, dried apricot, banana

Crunch&Sip[®] – celery and carrot sticks and a water bottle



Main – chicken, cheese and salad wrap

Snacks – vegie sticks and humus

Crunch&Sip[®] – strawberries and a water bottle

Main – pasta salad with egg, 3 bean mix and rainbow vegetables

Snacks – pizza scroll, yoghurt, apple

Crunch&Sip[®] – snow peas and a water bottle

