

HEALTHY LUNCH BOXES



WHY IS A HEALTHY LUNCHBOX IMPORTANT?

Healthy lunches and snacks at school are important because they give active children the energy and nutrients they need to help them concentrate and learn. Time is often limited for children to eat during the school day. Children may prefer to play with their friends instead of eating. So it's important for children to sit and eat before heading out to play. This will be much easier, if they have a lunchbox full of foods they enjoy that are nutritious and tasty!

WHAT FOODS CAN I PUT IN MY CHILD'S LUNCHBOX?

For a balanced lunchbox, start with something from the bread group, get your child to choose a yummy filling, add some fruit or vegetables (or both!) for snacks, and top it off with a choice of dairy. Muffins and cereal bars can be added if your children are active and need the extra energy to get them through the day.

Best Choices	
Fruit	Fresh or tinned fruit Small boxes of dried fruit
Vegetables	Vegetable sticks with dip (e.g. hommus, eggplant, tzatziki) Small container of mixed vegetables (e.g. cherry tomatoes, carrot sticks, snow peas)
Dairy	Small container of reduced-fat long-life milk Mini cheese triangles and cheese sticks
Breads	Pikelets, English muffins Wholegrain crackers, rice cakes, corn thins Bread rolls, pita bread, flat bread, bagels Fruit loaf, scones
Fillings	Yeast spreads (e.g. Marmite) Peanut butter Cheese Baked beans Grated carrot, lettuce Pickles or chutney Avocado Tuna, egg, sliced cold or roast meats
Muffins	Home-made muffins with fruit and vegetables (e.g. sultana, carrot, zucchini, banana, pumpkin)
Cereal bars	Low-fat, high fibre muesli or breakfast bars Zip-lock bags with a handful of cereal pieces

Nestle Fact Sheet

We have been noticing that some children are coming to school with lunches that could be improved to meet our healthy school standards. Each week we will be offering a new healthy idea for a sandwich filling. Look out for the new sandwich sign every week in the newsletter.

