

BUILD A HEALTHY LUNCHBOX

A lunchbox with variety keeps active kids alert & focused

STEP 1 choose a main

Main Meal

A nutritional lunch will give kids the much needed energy to get through the afternoon slump

Tip: base around a wholemeal or multigrain bread, pasta or rice. Choose a meat or meat-alternative & add vegetable spread or salad.

Pasta Salad
Frittata
Mince Rissoles
Zucchini Slice
Cheese & Salad Sandwich
Chicken Wraps
Loaded Pita Bread
Chicken & Veggie Stir Fry
Soup in thermos
Bolognese
Meatballs & Rice

Tip: Chilled leftovers from dinner can make for great lunches next day



Mini Snacks

Helps ward off hunger & keep energy levels up between meals

Tip: Pair together a *protein-rich* snack with a *carb-rich* snack:

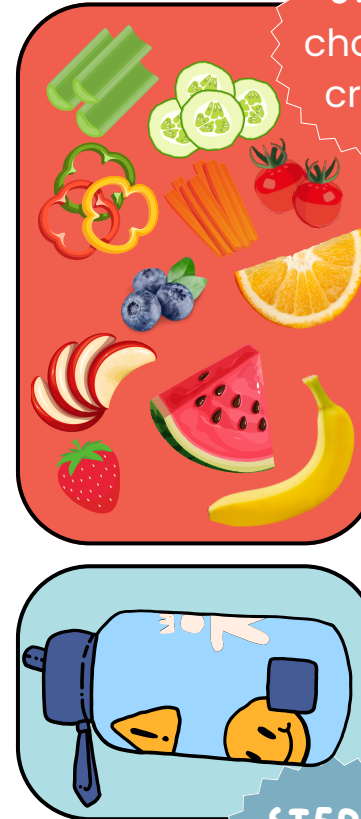


STEP 2 choose a mini

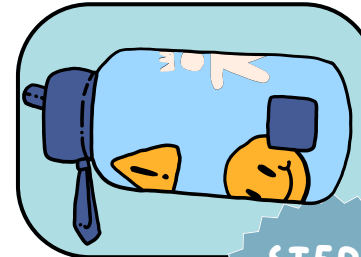
Protein: boiled egg, hummus, nuts, tuna, cheese, natural yoghurt, nut spread

Carb: popcorn, avocado dip, wholemeal crackers, rice cakes, dried fruit

STEP 3 choose a crunch



STEP 4 provide Water



Crunch n' Munch

fresh cut fruit & veggies are the best way to support kids achieving the daily recommended 5 serves of veggies & 2 serves of fruit.

Tip: Choose seasonal produce for best quality & price

Veggies

corn cob, veggie sticks - celery, carrot, capsicum, cucumber, mushroom, snow peas

Fruits

cherry tomato, berries - blueberry, strawberry, raspberry, apple slices, banana, mandarin, orange wedge, melon slices

Water is the best choice for staying hydrated, use a refillable bottle to top up throughout the day

Tip: Freeze overnight to keep foods cool in lunchboxes