

CREATING A HEALTHY LUNCHBOX

A healthy lunch helps kids concentrate, keeps them full and gives them energy to get through the school day. It's important that kids eat a variety of foods from all the food groups so they get enough energy as well as the nutrients they need for growth and development.

FOR A HEALTHY LUNCHBOX, INCLUDE:

- ✓ A main lunch item that includes plenty of veggies
- ✓ A nutritious snack
- ✓ A piece of seasonal fresh fruit
- ✓ Plenty of water!

You can add an extra snack if your child is particularly active.



SOME IDEAS TO TRY:

MAINS

- Wholemeal or wholegrain bread, wraps or pita with salad or veggies, and cold lean meat or hardboiled eggs
- Meatballs or falafel + a dipping sauce eg. tzatziki or hummus
- Veggie fritters or frittata
- Mini pizzas using a wholemeal pita or tortilla + plenty of veggies
- Sandwich sushi (remove crusts from wholemeal bread, roll flat, then add toppings and roll up)

SNACKS

- Raw veggies eg. cucumber, carrot, celery, snowpeas, cherry tomatoes (cut into sticks or use spiraliser or cutters to make fun shapes)
- Unsweetened yoghurt with berries or fruit (again you can use cutters to make fruit into fun shapes)
- Air-popped plain popcorn
- Banana pancakes (1 banana + 1 egg + 1T wholemeal flour + 1t cinnamon)
- Homemade savoury or fruit muffins

KEEP IT COOL!

- A frozen water bottle (fill $\frac{1}{3}$ full and freeze overnight, fill remainder with water in the morning)
- A frozen milk popper
- A frozen unsweetened yoghurt
- Frozen orange wedges or other fruit

DAILY SERVING GUIDE FOR KIDS

FOOD GROUP	SERVES		
	2-3 YEARS	4-8 YEARS	9-11 YEARS
VEGETABLES	2½	4½	5
FRUIT	1	1½	2
CARBOHYDRATES	4	4	4 - 5*
PROTEINS	1	1½	2½
DAIRY/ALTERNATIVES	1½	1½	2½ - 3#

* boys need a little more than girls # girls need a little more than boys
Requirements can vary from individual to individual and depending on how active your child is.

YOU CAN FIND INFORMATION ABOUT SERVE SIZES ON THE EATFORHEALTH.GOV.AU WEBSITE

LABEL READING

Sometimes life is busy and it's not always possible to make everything from scratch. If you decide to include some pre-packaged foods in your child's lunchbox, use these label-reading tips to help you choose a healthier alternative.

Use the "Per 100g" column to compare similar products to choose a healthier alternative. Serving sizes are not universal and are decided by each manufacturer themselves.

Aim for less than 10g fat per 100g, and no more than 3g per 100g of saturated fat.

Some other names for ingredients high in saturated fat: Animal fat/oil, butter, ghee, milk solids, palm oil, vegetable shortening

Ingredients: Milk, Cream, Milk Solids, Strawberries (7%), Sugar, Thickener (1442), Mineral Salt, Cultures.

NUTRITION INFORMATION		
Servings per package - 1		
Serving size - 150g		
	Per Serve	Per 100g
Energy	780kJ	520kJ
Protein	6.0g	4.0g
Fat		
- Total	9.2g	6.1g
- Saturated	5.9g	3.9g
Carbohydrate		
- Total	19.7g	13.1g
- Sugars	18.0g	12.0g
Sodium	70.5mg	47mg

Ingredients are listed in order of amount by weight, from most to least. Ingredients at the start of the list make up the majority of the product.

Aim for less than 10g sugars per 100g.

Some of the other names for added sugars: Glucose, fructose, sucrose, dextrose, maltose, syrups, malt, raw sugar

Aim for 120mg sodium per 100g for a low salt alternative.

SOME FINAL TIPS:

- Include a variety of foods from all the food groups
- Include plenty of water as a drink
- Check the label on pre-packaged foods for salt, fat and sugar content
- Get kids involved in food preparation and packing their own lunch to increase their interest around trying different foods
- Cut up fruit and veggies into manageable sizes for little hands
- Add extra veggies to other foods like muffins, fritters or meatballs
- Make foods more fun and appealing to little ones by spiralising, using cookie cutters or giving foods fun names eg. dinosaur trees instead of broccoli, x-ray vision carrots, monster milkshake (green smoothie)



SB NUTRITION