

# Healthy



# Lunch Box

Here are some simple tips to ensure your children are enjoying healthy and tasty snack and lunch options at school.

## ✔ What to include in lunch boxes



- ✔ Fruit – preferably fresh or tinned.
- ✔ Protein food – such as a slices of lean meat, tinned tuna or hard boiled egg.
- ✔ Vegetables – a small container with any mixed vegetables such as cherry tomatoes, carrot sticks, peas and cucumber.
- ✔ A dairy food – such as a cheese stick or slice, grated cheese, milk, yoghurt or soy milk.
- ✔ Starchy food – bread, roll, flat bread or crackers.
- ✔ A frozen drink such as water or 100 per cent fruit juice in an icepack or freezer pack.

## Always include



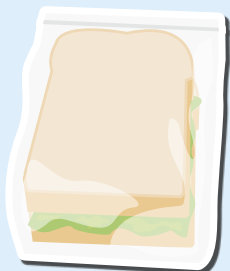
- ✔ At least two to four serves of carbohydrate-rich/starchy foods.
- ✔ Some serves of vegetables.
- ✔ At least two pieces of fruit (fresh or tinned).
- ✔ At least one serve of dairy food.
- ✔ Refer to the kids section of the 1Seven website for exact serving sizes for each age group.

## ✘ What to leave out



- ✘ Donuts and cakes.
- ✘ Lollies, honey and jams.
- ✘ Fruit bars and fruit straps that are high in fat or sugar.
- ✘ Muesli and chocolate bars.
- ✘ Potato crisps and oven-baked savoury biscuits.
- ✘ Fatty meats such as salami and strasburg.
- ✘ Cordials and soft drinks.

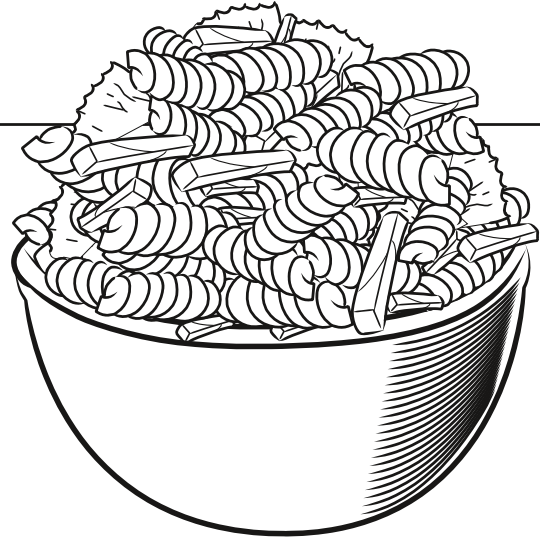
## ✎ Remember to keep food safe!



- Choose an insulated lunch box or one with a freezer pack.
- Perishable foods such as dairy products, sliced meats, etc, should be kept cool and eaten within four hours of preparation.
- To keep food fresh, wrap sandwiches or store in a small container.

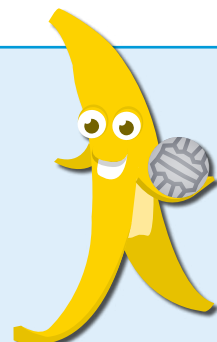
## COLOUR ME IN!

Cold pasta spirals mixed with salad, vegetables and ham.



## COLOUR ME IN!

Washed and cut up raw vegetables with a dip.



For more information, visit [www.1Seven.com.au](http://www.1Seven.com.au)

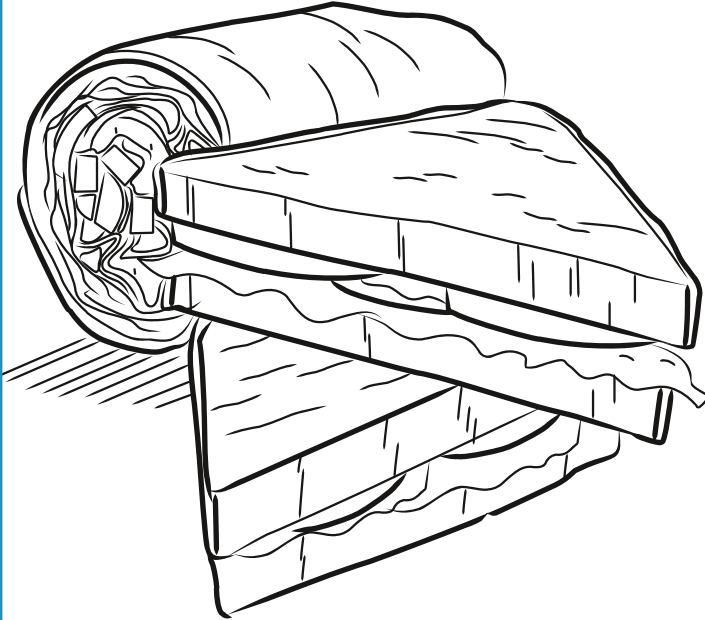


# Healthy Lunch Box

## COLOUR ME IN!

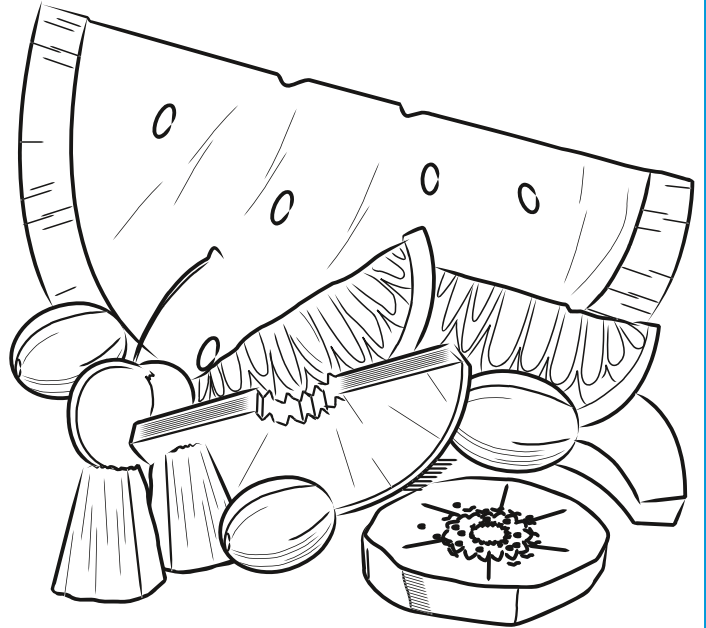
Sandwiches or wrap with various fillings such as:

- Vegemite and cheese.
- Lettuce, grated carrot and cheese.
- Lean meat (tuna, ham, chicken) with hummus and salad.



## COLOUR ME IN!

Washed and cut up fresh fruits.



**TIP:** Keep an eye out for what's in season – it will be more affordable and taste better! Buying seasonal fruit means your children get to enjoy variety throughout the year.

## COLOUR ME IN!

Kids, with the information that you have learnt from this sheet, draw a picture and describe your ideal healthy snack and lunch items.

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