

# THE STUPENDOUS LUNCHBOX SAFARI



## 1Seven's Indispensable Lunchbox Guide

Whether your kids are wandering around the world or slogging it out at school, eating healthy nutritious food is vital to keep their energy up and their concentration going. Here are some terrific tips on how to make sure they never leave home without a lunchbox that's tasty, nutritious and perfectly packed.

### Lunchbox Basics

Every healthy lunchbox needs:

2-4 serves of carbohydrate-rich/starchy foods like breads, crackers or pasta

1 or more serves of vegies. Think carrot sticks, cherry tomatoes, cucumber.

1 or more serves of dairy. How about cheese sticks or yoghurt?

1 serve of protein – lean meat, fish, poultry, nuts or legumes

At least two pieces of fruit (fresh or tinned)

Frozen water bottle

### Lunchbox Leave-outs

Healthy lunchboxes are lighter and leaner without:

Cakes

Fruit bars

Muesli bars

Fatty meats like salami

Lollies

Potato chips

Chocolate bars

Cordial, soft drink or fruit juice

When you're packing a lunchbox always keep in mind:

### Spoilage

The last thing any lunchbox wants to do is cause food poisoning. If the weather is hot, avoid including foods that can spoil easily. Dairy products (like yoghurt) and meats are particularly prone to causing problems. One way of keeping food safe is to include a frozen water bottle, which will not only keep the lunchbox cool but also melt to be a nice cool drink.

### Food allergies

For some children, food allergies can be a matter of life or death. We want everyone to be safe so remember:

- Lunchboxes, drinks and drink bottles should be labelled with their owner's name
- Lunchboxes aren't for sharing. We don't know who at school might have an allergy.
- Be aware of your school's food policy. If there are highly allergic children at school, parents might be asked not to send certain foods, particularly those containing eggs or nut products.



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