



**LUNCHBOX
SHOPPING SO EASY,
EVERYONE CAN DO IT**



aldi.com.au/lunchbox

Balanced Lunchboxes Made Easy

With the help of the ALDI Lunchbox initiative, more parents are creating balanced lunchboxes for their kids every day. Our weekly plans keep meals creative, so kids are less likely to swap the items in their lunchbox. The app has made it even easier to create shopping lists, plan weekly lunches and find out what goes into a balanced diet.



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The ALDI Lunchbox app for iPhone®

The ALDI Lunchbox app for iPhone has been popular amongst parents and even kids. You too can share in the lunchbox fun by downloading the app today.



The ALDI Lunchbox app now for Android™

Introducing the ALDI Lunchbox app for Android™. Simply download it on Google Play™, and start creating balanced lunchboxes today.

Look out for the logo



When you see this logo in an ALDI store it means the product is part of the ALDI Lunchbox initiative. Packed into a balanced school lunchbox, these products help kids meet their nutritional needs. Use the product list on the back of this brochure to ensure you're selecting the right products. Visit the website to learn more about how often different products in the initiative should appear in weekly lunchboxes to achieve balance.

Carefully created with the experts

Together with Healthy Kids Association, we've selected the products in this initiative. When combined into weekly balanced lunchboxes, they'll help your kids meet their daily nutritional requirements.



*Available for supported devices running Android OS 4.1+, iOS 4.0+ for iPhone 3GS+, iPad 1 & 2, and iPod 3+
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What's in a balanced lunchbox?

According to *Healthy Kids*, a balanced lunchbox contains four core items plus another one for active kids. A day's lunchbox can make up around a third of a kid's daily nutritional requirements. That's why it's important that lunchboxes are filled with nutritious choices that offer variety throughout the week, helping kids concentrate, learn, grow and play. Here's a quick guide:

To drink:

Water is the every day drink of choice. Provide variety with reduced fat milk drinks, or small 99% fruit juice drinks throughout the week. Freeze them to keep the lunchbox foods safe, cool and provide a nice refreshment your kids will love – especially on hot days.

An extra snack:

Extra snacks can be good as a once a week lunchbox food in addition to the main 4 core items. Foods to consider are wholegrain muesli or snack bars, small packets of chips or fruit in jelly. Normally children get enough of these foods outside school hours, so reserve them for active days when kids need extra energy.

A snack:

Sliced veggies with salsa, wholegrain crackers with reduced fat cheese or fruit bread, make great nutritious snacks based on core foods. Nutritious snacks will help keep kids fuelled for play and ready to learn. Include one that your kids will love, every day.

Fruit:

Fresh fruit makes a great nutritious snack and it comes in its own packaging! Include a piece of fresh fruit every day. Mix it up with tinned, frozen, tubs and dried fruit varieties throughout the course of a week.

The main meal (Big Lunch):

This is usually a sandwich, wrap, leftovers or salad using wholemeal or wholegrain bread as best choice. Fill sandwiches starting off with some salad or vegetables and then a choice of: lean meat (beef, chicken, turkey, pork, lamb), canned fish (tuna or salmon), reduced-fat cheese, baked beans or the occasional spread of Vegemite – all over the course of a week. Mix it up each day for variety.

The Five Core Food Groups

The menus we have created with *Healthy Kids* provide food from all five core food groups. Eating this way during childhood can reduce the risk of diet related diseases later in life. This is why packing a balanced lunchbox is really important to develop healthy eating habits for life.



The ALDI lunchbox range

Grains – choose wholegrain first



BREAD

Bakers Life Lebanese Bread (Wholemeal), Raisin Toast, Fruit Muffins, Sunny Crumpets, Wraps (White or Wholegrain), Grain Wise Original 9 Grains and Seeds, Sandwich Sliced Bread (Soft White, Wholemeal or Multigrain) or Sunny Pikelets
Viva Bread (Smooth Wholemeal or High Fibre White)
Bakehouse Bread (Wholemeal, Light Rye, Mixed Grain, or Soy and Linseed)

BREAKFAST CEREAL

Goldenvale Muesli (Fruit & Nut or Apricot & Almond)
Just Organic Cranberry & Almond Muesli

CRACKERS

Damora Water Crackers (Cracked Pepper or Original), Crispbread (Wholemeal or Hi Fibre), Vita Grain (Garlic Spirulina or Sea Salt & Cracked Pepper), Sanz Crackers, Rice Crackers (Chicken, Seaweed, BBQ or Plain), Brown Rice Crackers (Multigrain or Original), Thin Rice and Corn Cakes, Original Thin Rice Cakes, Snakos (Chicken) or Rice Cracker Snacks

PASTA & RICE

Just Organic Spaghetti, Penne or Wholemeal Spirals
Casa Barelli Penne, Spaghetti or Lasagne Sheets
Imperial Grain Rice (Fragrant Brown, Jasmine or Long Grain White)
Simplee Pasta & Sauce (Sour Cream & Chives, Alfredo, Carbonara or Macaroni & Cheese) or Flavoured Rice (Chicken & Vegetable or Satay)

Vegetables – choose fresh first



FRESH VEGETABLES

Lettuce, Baby Spinach, Salad Mix, Tomatoes (Truss, Gourmet or Roma), Carrots, Capsicum (Red, Duo or Trio Colour Packs), Celery or Cucumbers (Lebanese, Continental or Snack Size)
Merevale Winter Stir Fry Vegetables

FROZEN VEGETABLES

Market Fare Mixed Vegetables, Super Sweet Corn Kernels, Super Sweet Corn Cobs, Broccoli, Garden Peas, Baby Peas, Broccoli & Cauliflower, Carrots & Corn, Winter Vegetables, Spinach, QuickSteam Vegetables (Carrot Broccoli & Cauliflower or Carrot, Corn & Broccoli) or Stir Fry Vegetables (Thai or Shanghai Style)

CANNED VEGETABLES

New Season Red Kidney Beans, Five Bean Mix, Lentils, Cannellini Beans, Chick Peas, Corn Kernels or Sliced Beetroot
Remano Italian Peeled Tomatoes (Diced or Whole)
Just Organic Italian Diced Tomatoes

PASTA SAUCE

Just Organic Pasta Sauce (Traditional or Basil & Garlic)
Remano Pasta Sauce (Traditional Tomato, Chunky Garden Vegetables, Tomato, Garlic & Onion or Bolognese) or Passata

DIPS

El Tora Mild Salsa Dip
Deli Originals Hommus Dip
Millcroft French Onion Dip or Gherkin Dip
Merevale Fresh Tabouleh

Fruit – choose fresh first



FRESH FRUIT

Strawberries, Pears, Avocados, Mandarins, Dates, Rockmelon, Watermelon, Kiwifruit, Pineapple, Oranges, Apples or Bananas

FROZEN FRUIT

Sweethaven Raspberries, Blueberries or Mixed Berries

DRIED FRUIT & NUTS

Sweet Vine Turkish Apricots, Sultanas, Pitted Prunes or Pitted Dates

Oh So Natural Fruit & Nut Mix or Almonds

CANNED FRUIT

Sweet Valley Pineapple Chunks in Juice, Pineapple Slices in Juice, Unsweetened Apple Purée, Diced Peaches, Diced Fruit Salad, Two Fruits in Juice or Two Fruits

FRUIT JUICE

Westcliff Juice 6 pack (Apple, Apple & Blackcurrant or Orange) or Mega Juice 6 pack (Apple Mango & Banana)

Protein – choose lean first



SALMON & TUNA

Ocean Rise Premium Red Salmon, Flavoured Salmon (Smoked, Tomato Salsa, Aioli or Cracked Pepper) or Tuna Chunks (Oil & Chilli, Olive Oil or Spring Water)

Portview Flavoured Tuna (Mexican Salsa, Seeded Mustard, Mango Chilli or Lemon & Pepper) or Tuna Treat with Crackers (Mayonnaise & Cracked Pepper, Thai Sweet Chilli or Mayonnaise & Wholegrain Mustard)

DELI MEATS

Berg 97% Fat Free Sliced Leg Ham, 97% Fat Free Thinly Sliced Turkey, 97% Fat Free Thinly Sliced Chicken, Double Smoked Ham, Thinly Sliced Honey Roast Ham or Smoked Chicken Breast Meat

Lodge Farm Eggs

Corale Premium Baked Beans in Tomato Sauce

Dairy – choose reduced fat first



CHEESE

Westacre Light Grated Cheddar Cheese, Light Tasty Cheese Block, Tasty Cheddar Cheese Slices (Original or Light), Lite Cottage Cheese or Snack n Go Cheddar Cheese and Crackers (Extra Tasty, Cheddar or Light)

Manhattan Light Cream Cheese

Babybel Mini Original Cheese Balls

Cowbelle Cheese Rockets, Cheestreamers or Cheese Triangles (Regular or Light)

DESSERT

Brooklea Vanilla Custard, Stampede Chocolate Dairy Snack (Regular or Lite) or Squishy Yogurt (Strawberry, Vanilla, Tropicana or Banana)

FLAVOURED MILK

Moobox Flavoured Milk (Strawberry, Chocolate or Banana)

Extras – limit to once per week



BARS

Hillcrest Muffin Bars (Apple & Cinnamon, Fruit Explosion or Ginger Kisses), Be Good Bars (Orange, Cranberry or Grains Delight), Chewy Choc Squiggle Muesli Bars, Fruity Filled Bars (Apple & Cinnamon or Mixed Berry) or Chewy Yoghurt Muesli Bars (Strawberry, Apricot or Tropical)

CHIPS & SNACKS

Sprinters Crinkle Cut Potato Chips (Salt & Vinegar, Original, BBQ or Sour Cream & Onion)

Chazoos Noodle Snax (BBQ or Chicken)

Damora Crispetts

SPREADS

Colway Light Mayonnaise

Bramwells Premium Australian Honey