



How to pack a healthy lunchbox

When packing a lunchbox for your child, you should feel confident that you're providing them with a nutritious supply of food that will get them through the day with the energy they need to function.

Follow this rule to make packing a healthy lunchbox easy:
PACK THE CORE 4 (plus 1 for active and fast growing kids).

What are the CORE 4?

- 1 Main lunch item** – a sandwich, roll, wrap or salad based on grains such as pasta, rice or quinoa.
- 2 Nutritious snack** – choose a snack from the five food groups such as a cold chicken drumstick, crackers with cheese, veggie sticks and hommus, or yoghurt.
- 3 Piece of fresh fruit** – whatever is in season.
- 4 Drink** – always include a water bottle. Add an additional small reduced fat milk drink (less than 300ml) or a 99% fruit juice drink (less than 200ml) once or twice a week.

PLUS 1 additional snack

Every child is different and depending on their activity level or rate of growth, they may need an additional snack in their lunchbox. If this is the case, we recommend choosing a fifth item from the five food groups first, such as those listed in lunchbox item number 2 (the nutritious snack). This will provide the extra nutrients some kids need.

Occasionally...

For variety and enjoyment it's OK to include an occasional "extra" item in place of this fifth snack option. Extra foods include sweet biscuits, muesli bars, packets of chips, confectionary or dry noodle products. These kinds of items should not make a daily appearance in the lunchbox, but can be added once a week for variety and enjoyment and to teach balance.

always include a water bottle





Need some inspiration?

Try these ideas for a nutritious lunch:



MAIN LUNCH	+ NUTRITIOUS SNACK	+ FRUIT	+ DRINK (in addition to water)	+ PLUS 1
Chicken, hommus and cucumber sandwich	Reduced fat cheese slices with wholegrain crackers	Apple	Chocolate flavoured reduced fat milk	Air popped popcorn
Ham, reduced fat cream cheese and salad wrap	Sultana snack pack	Fruit salad	Water	Dry breakfast cereal
Pesto pasta salad with chicken and capsicum	Reduced fat yoghurt	Orange	99% fruit juice (200ml or less)	Vegetable sticks with dip
Egg, celery and reduced fat mayonnaise sandwich	Homemade pita chips with hummus	Frozen grapes	Reduced fat plain milk	Tinned fruit in juice
Tuna, corn, lettuce and reduced fat mayonnaise wrap	Reduced fat cheese with crackers	Fruit kebab	Water	Muesli bar (weekly extra)
Ham and sweet corn frittata	Reduced fat custard	Banana	Water	Rice crackers or cakes with dip
Chicken salad with chick peas, baby spinach and pumpkin	Vegetable sticks with dip	Fruit salad	Strawberry flavoured reduced fat milk	Reduced fat yoghurt
Tuna and sweet potato patties	Reduced fat cheese stick	Frozen melon balls	Water	Fruit spice English muffin
Turkey, tomato, spinach and reduced fat cheese sandwich	Avocado, carrot and lettuce rice paper rolls	Apple	Reduced fat plain milk	Reduced fat custard
Sweet chilli chicken and lettuce wrap	Muesli and reduced fat yoghurt	Kiwi fruit and strawberries	99% fruit juice (200ml or less)	Small packet potato chips (weekly extra)



REMEMBER! Always pack an ice-pack or frozen water bottle with your child's lunch. This will help prevent the growth of bacteria and keep it cool until lunch time.

Healthy Kids Association

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