

# Building a Healthy Lunchbox

for children over 4 years of age



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# About this Resource

Children need the right food in their lunchboxes to assist their brains and bodies to grow strong and to give them energy to get the most out of their school day.

This resource provides the building blocks to build a healthy school lunchbox based on the Australian Guide to Healthy Eating. To build your lunchbox choose **PLENTY** of vegetables and a bottle of tap water, then add **SOME** of each of these foods: breads/cereals, proteins (fish, eggs, meat, dairy, beans, tofu) and fruits to complete your child's lunchbox.

Also included in this resource are top tips to help you save time and money and create a lunchbox that your children will love.

## Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods,  
mostly wholegrain  
and/or high cereal  
fibre varieties



Use small amounts



Only sometimes and in small amounts





# Building Block I: Vegetables

Choose **PLENTY** from here





# Building Block 2: Breads, Cereals and Grains

Choose **SOME** from here and Grains

Ham salad on multigrain



Salad wrap



Rice Cakes



Muffins with Avocado and Banana



Popcorn



Vegetable Fried Rice



Wholemeal Muffins



# Building Block 3: Proteins

Choose **SOME** from here

Lean Turkey



Tuna and Beans



Baked Beans



Lean beef



Lean Ham



Boiled Eggs



Cheese



Tofu



Yoghurt



Choose mostly reduced fat varieties of milk, yoghurt and cheese (reduced fat milks are not suitable for children under 2)





# Building Block 4: Fruits

Choose **SOME** from here





# Building Block 5: Tap Water

## Drink PLENTY!

Water is the only drink that children need in their lunchbox. It's refreshing and helps their bodies and brains to work better.





# SOMETIMES

food and drinks

# NOT everyday

These items do not need to be included in your child's lunchbox as they contain very little goodness and are high in salts, fats and sugars.





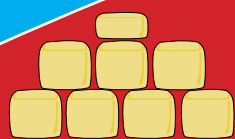
# SMART

Fat  = 4.5g

Sugar  = 4.5g

## SWAP

Potato Chips



34g  
per 100g



0.5g  
per 100g

\$28.67  
per Kg



Chocolate Chip Biscuits



21.1g  
per 100g



32.4g  
per 100g

\$11.04  
per Kg



Chocolate Mousse Snack



28g  
per 100g

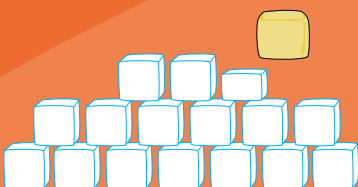


13g  
per 100g

\$24.03  
per Kg



Fruit Straps



4.2g  
per 100g

71g  
per 100g

\$42.45  
per Kg



Apricot Muesli Bar



13.7g  
per 100g



21.3g  
per 100g

\$23.35  
per Kg



Nutrient values may vary based on brand



# SWAPS



Swap unhealthy snacks  
for healthy snacks  
It adds up to better nutrition  
AND you save money!



FOR





Air Popped Popcorn

 **4.1g**  
per 100g  
 **0.9g**  
per 100g  
**\$ 3.25**  
per Kg





Cherry Tomatoes, Corn and Cucumber

 **0.4g**  
per 100g  
 **2.29g**  
per 100g  
**\$ 7.39**  
per Kg



Low Fat Yoghurt

 **0.3g**  
per 100g  
 **6g**  
per 100g  
**\$ 7.95**  
per Kg





Apple Slices

 **0g**  
 **10.4g**  
per 100g  
**\$ 2.69**  
per Kg



Celery and Carrot sticks

 **0.1g**  
per 100g  
 **3.4g**  
per 100g  
**\$ 3.98**  
per Kg





# Top Tips!



Prepare lunchboxes the night before to save time in the morning

Involve children in planning, shopping for and preparing their lunchboxes



Be a role model by eating a healthy lunch too!



Always wash your hands with soap and warm water and clean your containers well with detergent and hot water after use



To save money, buy home brand food items where possible and buy items such as yoghurt and tinned fruit in bulk and put single serves into smaller reusable containers

Buy some frozen or tinned fruit (in 100% fruit juice) and vegetables as they are just as nutritious and can be stored in the pantry or freezer when you need them





# What a healthy lunchbox looks like

A healthy lunchbox should include a vegetable snack, a fruit snack, lunch and a bottle of water.



A  
HEALTHY  
Lunchbox



An  
UNHEALTHY  
Lunchbox

