



# Lunch Box TIPS

## Sandwiches

Healthy sandwiches make the perfect lunch. Kids will love sandwiches made with fibre enriched white bread with a variety of tasty fillings.

Be creative with the fillings to keep kids interested and to ensure optimum nutrition.

### A few examples of great sandwich fillings include:

- Salmon or tuna in springwater, try the mini cans of tuna with added flavours
- Cheese - preferably reduced fat
- Egg
- Falafel or lentil patties
- Sliced lean cold meat such as turkey, chicken, lamb, beef or meatballs
- Baked beans, Peanut butter or Vegemite
- Grated carrot, lettuce or tomato

**Be cautious with:** chocolate spreads, jams and honey. Avoid fatty meats such as salami and Strasbourg. Limit processed meats such as ham and pastrami.

## Fruit

Fresh fruit in the lunchbox always provides your children with great nutrients to help their growing bodies.

**Best choices:** Fresh fruit, tinned or dried fruit.

**Be cautious with:** Dried fruit bars and 'straps' are very high in sugar, low in fibre and stick to the teeth which may cause tooth decay.

## Vegetables

Vegetables can be hard to get kids to eat so try to introduce fun ways of eating them into their lunchboxes.

**Best choices:** Try vegetables sticks e.g. celery and carrot sticks with low fat dips  
Small container with mixed vegetables such as cherry tomatoes, carrot sticks, peas or cucumber.





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## Dairy

Calcium found in dairy products is essential for growing bones and there are many options you can put in the lunchbox.

**Best choices are low fat variety of:** Cheese slices, cubes or sticks.

**Be cautious with:** 'Dairy desserts' and flavoured milks, which are high in sugar which may cause tooth decay.

## Biscuits and Dips

**Best choices:** Dry biscuits, wholemeal/wholegrain crispbreads, rice cakes, with yoghurt or hummus dips.

**Be cautious with:** 'Oven baked' savoury biscuits as they can be just as high in salt and fat as packet crisps.

## Muffins and Cakes

Try making your own healthy muffins and cakes.

Include fruit and vegetables such as sultanas, carrot, zucchini, banana and pumpkin.

**Be cautious with:** Donuts and cakes, offer at birthdays and special occasions instead of in the lunchbox as they are high in sugar and may lead to tooth decay and weight gain.

