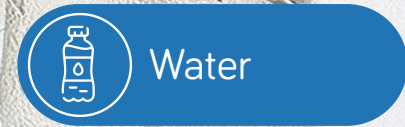
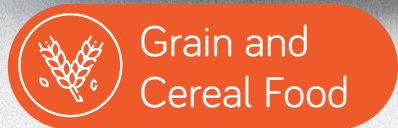
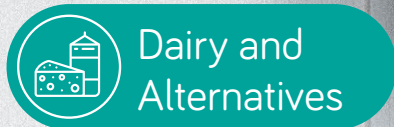
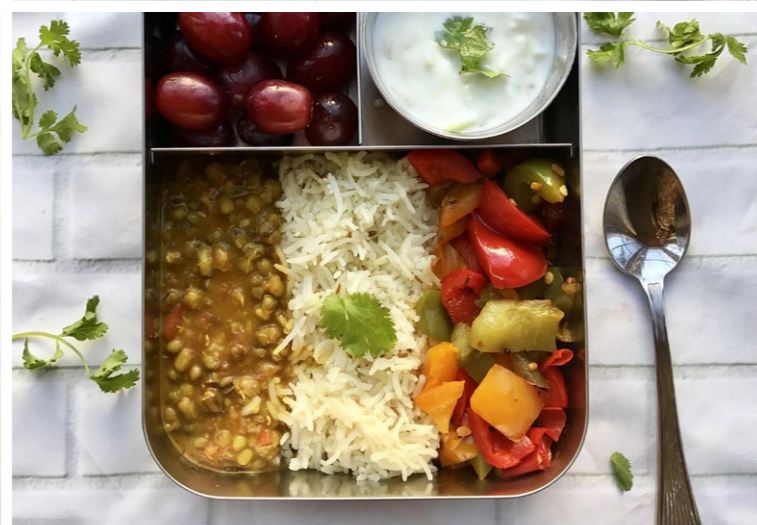


Build Your Own Healthy Lunchbox



Cream
Cheese





CREATE A FUN LUNCHBOX EVERY DAY - CHOOSE SOMETHING FROM EACH FOOD GROUP

Fruits

- > Apple
- > Banana
- > Mandarin
- > Fig
- > Berries
- > Fruit salad
- > Tinned fruit in juice, not syrup

Vegetables

- > Soups and lentil curry (pre heat in flask to keep it warm for lunch)
- > Raw or lightly steamed vegetable sticks (carrot, capsicum, cucumber)
- > Steamed or grilled corn cobs
- > Salad with a creamy dressing

Dairy and Alternatives

- > Milk
- > No-added sugar yogurt (frozen overnight)
- > Cheese cubes
- > Tatziki dip
- > Cottage cheese
- > Calcium fortified soy milk

Water

Take a water bottle (for refilling throughout the day).
Tips: Freeze overnight to keep foods cool in lunchboxes



Grain and Cereal Food

- > Flat bread and naan
- > Pasta dishes

Meat and Protein Alternatives

- > Noodles
- > Rice, quinoa or couscous
- > Fruit loaf
- > Homemade pizza
- > Wholemeal (brown) bread

Meat and Protein Alternatives

- > Tinned tuna or salmon
- > Lentil or veggie burgers (falafel)
- > Boiled eggs
- > Hummus dip
- > Tofu

Curries, soup and stews mix many of the above food groups, they are healthy lunchbox options.

For more healthy eating information call **1300 234 263** to make an appointment with a **DPV Health Dietitian** or visit heas.health.vic.gov.au/schools/healthy-lunchboxes for lunchbox ideas.

Tips for Planning a Healthy Lunch Box



Prepare school lunches the night before; it gives you time to talk about the foods you're including and makes the morning routine quicker. Give it a go!



Freeze tubs of yogurt or water bottles to help keep food cool until lunch time on warm days. Make sure children can open their lunch box and containers by themselves. This will ensure they have enough time to eat their snacks and lunch and do not have to wait for help from others.



Water is the best drink for your child. Encourage your child to drink a whole bottle during the day. They need to stay hydrated so they can focus and learn in class.



Look after the environment; pack sandwiches and other items in reusable containers. This requires less packaging and creates less rubbish.



Try and buy fresh fruit and vegetables in season; they will be better quality and cheaper than out-of-season produce.



Plan family dinners for the entire week and do one big grocery shop at the start of the week; it's cheaper than going to the supermarket every night to buy ingredients for dinner.



Remember to involve your children. Take them shopping and let them help choose fruits and vegetables for their lunchbox. Let them help prepare and pack their own school lunchbox.