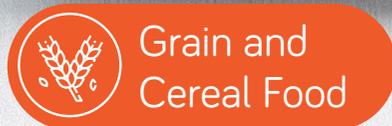
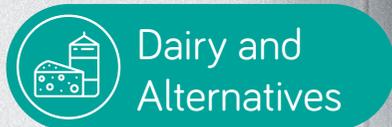


Build Your Own Healthy Lunchbox





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

- > Grilled or roasted vegetables
- > Lentil soup
- > Corn cobs
- > Coleslaw with low-fat dressing
- > Soups (pumpkin, potato and leek, chicken and corn)
- > Pesto pasta salad
- > Raw vegetables (carrot, capsicum, cucumber) with dip

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

- > Toasted sandwiches
- > Pasta dishes

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

Meat and Protein Alternatives

- > Grilled meats with the extra fat removed (eg. beef, chicken)

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

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

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!



Avoid packing sugary drinks in your child's lunch box (juice, cordial, flavoured milk or soft drink) as these contain too much sugar which is not good for teeth or for your child's health.



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.