

Fresh lunchbox ideas





These lunchboxes are only suggestions. Please continue to pack a lunchbox that your child will enjoy and that will fuel them to learn and play.

Activity: draw your favourite lunchbox food

Draw foods that match each food group listed in the lunchbox.

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

For more healthy eating information call **1300 234 263** to make an appointment with a **DPV Health Dietitian**.

Visit Good Food for Good health for more great lunchbox friendly and family favourite recipes.



goodfoodforgoodhealth.com.au



Fruits



Vegetables



Dairy and Alternatives



Grain and Cereal Food



Meat and Protein Alternatives

Tips for Planning a School Lunchbox



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! Try packing a few lunchboxes in advance to have them ready in the fridge instead of packing them every morning.



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.



Food allergies: Due to allergies, every school has a different policy for nuts. Check your child's school policy before packing nut products, for example, peanut butter or Nutella.
Food preferences: It is okay to pack sweets, pancakes, muffins and cupcakes sometimes. These foods are all part of a balanced diet.



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.



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.



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.