

Healthy School Lunchboxes!

Pack 'everyday foods' from the Five Food Groups – ensures children are getting the nutrients they need to grow, be active, stay healthy, and to concentrate! These are the recommendations for 4-8 year olds:

- **Grains** (4-5 serves daily : 1 serve = 1 slice bread, ½ roll/wrap, 3 crispbreads, ½ cup cooked rice/pasta)
- **Vegetables** (4½ serves daily : 1 serve = ½ cup cooked, 1 cup raw/salad vegies)
- **Fruit** (2 serves daily: 1 serve = medium apple, 2 small apricots/kiwifruit)
- **Dairy** (2½ serves daily: 1 serve = 2 slices/40g cheese, ¾ cup/200g yoghurt)
- **Protein** (1½ serves daily: 1 serve = 65g cooked lean red meat, 80g lean poultry, 100g fish, 2 large eggs, 170g tofu)

"Typical" Lunchbox -

- **1 fruit/vegetable snack** eg chopped up melon, strawberries, pineapple, grapes, cucumber and carrots work well that Preps can easily eat with fingers
- **1 recess snack** (morning tea) – eg yoghurt, popcorn, wholemeal crackers, cheese
- **1 'main meal'** (lunch) – eg wrap/sandwich, leftover rice/vegie stirfry, pasta salad, quiche
- **1 extra snack** - choose something that can be re-used the next day for recess if not eaten eg plain popcorn.
- **Refillable water bottle** - water is the only drink kids need at school!

Gear - you will need:

- **Insulated bag**
- **Ice Pack (especially in warmer months)**
- **Water bottle**
- **Lunchbox with different compartments or collection of smaller containers**
- **Labels!**

Minimal to no packaging! This reduces processed foods which are lower in nutrients and also results in less rubbish and impact on the environment!

Nuts (and nut products) –policies regarding nuts and allergies can vary from school to school. Please familiarise yourself with your school's policy as to whether nuts and nut containing products are restricted. If ever in doubt, we recommend saving nuts and nut products as a snack for home.

More resources:

Eat for Life	Subscribe to Eat for Life newsletter which includes a free e-version of the Healthy Lunchbox Guide www.eatforlife.com.au
5 Health Star Rating System	http://healthstarrating.gov.au/internet/healthstarrating/publishing.nsf/content/home
Nutrition Australia	http://nutritionaustralia.org.au/
Parents Voice	http://parentsvoice.org.au/



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



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts

