

Eating healthy food helps children to concentrate and learn

Source: www.betterhealth.vic.gov.au & www.healthykids.nsw.gov.au

Go for 5 ingredients to make a lunchbox healthy

1. A crunchy colourful vegetable
2. A piece of fruit
3. A carbohydrate – bread, wrap, pasta, or rice
4. A dairy food – milk, cheese or yoghurt
5. A protein or growing food – egg, tuna, meat, chicken, beans or hummus



Remember: Make water part of every healthy lunchbox!

Healthy shopping

- Go for colour – children love colour so choose different coloured vegetables.
- Go for small lunchbox sized fruit – small apples or pear.
- Go for different types of bread and not just a sliced loaf – try wraps and Turkish bread, or mixing it up with rice or pasta leftovers.
- Try to avoid muesli and 'breakfast' bars in lunchboxes; these are expensive and usually high in fat and sugar.



- Stick to seasonal and special offers to determine this week's fruit and vegetables.

Healthy preparation

- Sandwiches can be prepared and frozen the night before or on the weekend, and then taken for each day's lunchbox. Suitable foods to freeze are bread, cooked meat, cheese, peanut butter, baked beans or vegemite.
- Go for leftovers from last night's healthy dinner, which will save you time.
- Make vegetables more appealing and tie in ribbon, making them look special and more practical.
- Cutting up celery and other vegies and placing them in water in a sealed container to store in the fridge, saves time during the week.

Food Safety

- Go for an insulated lunch box or one with a freezer pack, or include a wrapped frozen water bottle or small UHT milk carton to keep the lunchbox cool.



Have a healthy lunch box everyday and feel great!

TIP: Encourage children to help choose and prepare their own lunch. They might like to make a list of the foods they enjoy. Praise your child when they choose healthy foods for their lunchbox.

Healthy Lunch Box Ideas

Go For Vegetables



- Vegetable sticks with dips
- A container filled with mixed vegetables – e.g. cherry tomatoes, celery and carrot sticks, peas, and

cucumber

- Vegetable soup
- Tinned corn kernels and cold corn cobs
- Chopped red capsicums adds some colour

Go One Better- Put some tasty frozen vegetables into little bags and pack them as a yummy lunch box snack – they will also help to keep the lunchbox cold!

Go For Fruit



- Tinned fruit in natural juice – peaches, apricots, mango, and fruit salad
- Fresh seasonal fruit – bunches of grapes, apples, mandarins, peaches, bananas, melon balls, and strawberries

- Freeze little bags of grapes, berries, and cut up oranges to pop into the lunchbox
- Try to avoid dried fruits as these are sticky and very high in sugar

Go One Better- Make a fresh fruit salad from your favourite fruits and pack into a container for a nutritious and colourful snack

Go For Protein

- Meat: Lean beef, pork, lamb, chicken (trimmed of fat), tuna or salmon
- Eggs: Cooked and placed into salads and sandwiches
- Baked beans, lentil patty, hummus
- Leftover protein-based casseroles, rissoles, meat based pasta sauce



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Go For Wholegrain Breads and Cereals

- Sandwiches, rolls, wraps, fruit bread, scones, and pikelets
- Crackers, dry biscuits, rice crackers
- Rice, noodles, pasta
- Plain air-popped popcorn
- Go for wholemeal and wholegrain

Go One Better - Sushi sandwich: Remove crusts from whole meal bread, flatten, fill with healthy filling and roll up!

Go For Dairy



- Cheese slices or cubes
- Plain yoghurt or low-fat custard in small tubs, with or without added chopped fruit
- Plain milk
- Cheese as a filling in sandwiches, rolls and wraps, or on dry biscuits

Go One Better - Freeze milks and yoghurts to keep them fresh

More information

- For budgeting tips visit: www.foodcentsprogram.com.au
- For more healthy recipes and tips on getting the kids involved visit: www.healthytogethertildura.com.au
- Other great sites to visit www.betterhealth.vic.gov.au & www.healthykids.nsw.gov.au
- Join the conversation and follow us on Facebook www.facebook.com/HealthyTogetherMildura

