



Lunchbox Ideas

Lunch Choices

For sandwiches try using high fibre white, wholemeal or multigrain bread or use 2 different types of bread for one sandwich Wraps/Focaccias/Crisp Bread/Bread Rolls/Rice or Corn Cakes/Mini Pizza Sushi

Filling Ideas

vegemite, cheese, tuna, egg, cold lean meats, cucumber, canned salmon, grated carrots, sliced mushrooms, alfalfa sprouts, beetroot, chicken, avocado, low fat mayo

Filling Combinations

Roast beef, fruit chutney, cheese & grated carrot
Chicken, avocado, alfalfa sprouts
Vegemite & cheese
Tuna, lettuce & grated carrot
Ham & cheese



Government of South Australia

Fruit & Vegetables

- Apples
- Bananas
- Oranges
- Grapes (halved for young children)
- Kiwi Fruit
- Strawberries
- Mandarins
- Cherry tomatoes
- Carrot sticks (cooked for young children)
- Zucchini
- Pineapple
- Mango
- Pineapple

Snacks

- Yoghurt
- Cheese sticks
- Plain popcorn
- Tinned fruit
- One or two biscuits with cheese
- Fruit & vegetables
- Raisin Bread
- Hummus dip

Please note: some of the ideas listed may need to be chopped or grated depending on your child's age to reduce the risk of choking



Drinks

Tap Water is the preferred option.
Fruit juice: unsweetened fruit juice (more than 99% fruit juice)
Milk: reduced fat or skim milk (under 2 years of age offer full cream milk)

Useful Websites

To find out about healthy eating
www.gofor2and5.com.au
Healthy recipe ideas
www.heartfoundation.com.au
School lunch box ideas
www.sadental.sa.gov.au
Information on teeth, sugar and snack ideas



Important tips for school aged children

- Children need a variety of foods each day
- Snacks are an important part of a healthy diet for active children
- Let children tell you when they are full
- Consider starting a vegie garden at home and involve the children
- Plan to share meals as a family and enjoy talking and sharing the days happenings at mealtimes