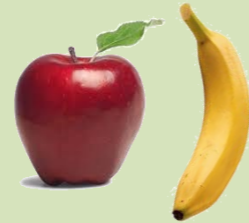




Biscuits



SWAP FOR



A piece of fruit, fruit salad or fruit skewers



Muesli bars



SWAP FOR



Plain rice crackers or pikelets

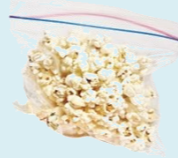


Chips

SWAP FOR



Cheese and crackers or unsalted/unsweetened popcorn



Cake

SWAP FOR



Yoghurt or vegetable sticks with dip (hummus or tzatziki)



White bread sandwiches with sweet spreads (jam, honey, Nutella)

SWAP FOR



Wholegrain bread sandwiches or wraps with healthy fillings (e.g chicken & cheese, ham & salad, egg & lettuce)



Sweetened drinks – sports drinks, soft drink, fruit juice



SWAP FOR



Water or plain milk



Healthy lunchboxes

Why choose a healthy lunch?

Given the large amount of time children spend at school, their lunchbox is the perfect place to start when making healthy choices. Research shows that healthy choices made throughout childhood will encourage a healthier lifestyle well into adulthood. Healthy eating is important for children's development, both physically and mentally. At school, children's brains are constantly active; by including a variety of healthy foods in your child's lunchbox, you are helping them reach their full potential.

Who are South West Healthy Kids?

We are a network of health professionals from agencies across the South West of Victoria, working with communities to improve the food and physical activity habits of families in the Warrnambool City Council and Moyne Shire region. We aim to help increase water, fruit and vegetable consumption with a focus on increasing healthy food choice in children's settings.

What makes a healthy lunch?

Healthy lunchboxes contain at least one of each of these 6 foods

Fruit

Fresh is best—but can be canned in natural juices or dried

Dairy food

Cheese / Milk / Yoghurt

Cereal based food

Bread roll / wrap / crackers
Wholegrain or multi grain are best

Vegetables

Include in sandwiches or as a snack

Protein food

Meat / chicken/ egg / fish/ legumes

Water

To drink

Its best to leave out

Muesli bars
'Fruit' bars / straps
Chocolates / lollies
Chips
Soft drinks
Fruit juice
Cordial

What goes in a lunchbox?

Protein

- Canned tuna or salmon
- Boiled eggs
- Baked beans
- Chicken
- Ham or roast meat leftovers

These could be included in sandwiches or wraps



Fruit and Vegetables

- Fresh fruit or a tub of canned fruit is easy to pack in the lunchbox.
- Include vegetables as a snack or in a sandwich/wrap
- Try raw vegies such as carrot sticks, cherry tomatoes, cucumber or capsicum strips. Providing a dip such as tzatziki or hummus with these vegetable sticks/strips is a great snack.

Nutritious Snacks

Other snacks that can be included with fruit and vegetables:

- Rice cakes or unsalted and unsweetened popcorn
- A small box or bag of dried fruit occasionally.

For more suggestions please see 'Snack Ideas' list

Breads and Cereals

- Ideally sandwiches using wholegrain, wholemeal, or rye breads
- Wraps using multigrain or mountain bread
- Pikelets, muffins, crumpets, rice cakes, fruit buns
- Pasta salad

Healthy sandwich/wrap fillings:

- Lean meats such as chicken, ham, leftover roast meat, tuna or turkey. Limit processed meats such as Kabana, twiggy sticks or salami.
- Try to include cheese and/or salad such as lettuce, cucumber, tomato, grated carrot

Food Safety Tips

- **Keep foods cold by using an insulated lunchbox/bag and including a wrapped frozen water bottle or freezer pack in the warmer months.**
- **Remember to always wash your hands.**
- **If you prepare lunches the night before always store in the fridge.**
- **Dairy products, eggs or sliced meats should be kept cool.**

Dairy

Try including dairy such as :

- Cheese and biscuits
- A tub of Yoghurt
- Plain milk

Drinks

- To keep your child hydrated encourage them to drink plenty of water.
- Pack a drink bottle in your child's bag. Try freezing on hot days to help keep them cool.
- Milk is great but keep it cold.

Drinks to leave out:

Sweetened drinks including: Cordial, soft drinks, sports drinks and fruit juice/drinks

Snack Ideas

- Fresh or dried fruit
- Rice crackers
- Popcorn
- Boiled egg
- Tinned fruit in natural juices
- Celery and carrot sticks with hummus
- Corn / rice cake with avocado
- Low fat yoghurt
- Pikelet / pancake
- Cracker with vegemite and low fat cheese
- Oven baked pita bread 'chips' with hummus
- Fruit or savoury muffin

Lunch ideas

- Chicken + favourite vegies/salad in a wrap
- Fill snack box with favourite finger foods (boiled egg, cheese cubes, cherry tomatoes, cucumber, green beans and serve with a bread roll)
- English muffins topped with tomato paste, tomato slices, capsicum strips, grated carrot, pineapple and cheese. Bake / grill and serve cold as leftover 'pizza'
- Slices of cold meat such as lean ham, turkey and favourite vegies with crackers or a bread roll
- Cheese slices / sticks, baby carrots, crackers and hummus

Thanks to the Eat Well, Be Active South West Project team for sharing this list.

How do your snacks stack up?

FREE FoodSwitch App

Packaged foods can often be high in salt, fat, sugar and kilojoules. Download the FoodSwitch App to see what's in the food you're eating and identify healthier choices when grocery shopping for you and your family.

Download the FREE **FoodSwitch** app to your smartphone from the [App Store](#) or [Google Play Store™](#)



Aim for mainly **green** and try to limit **red** when making choices