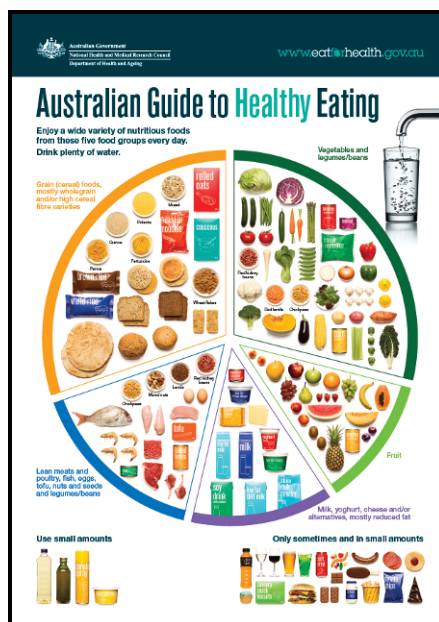


So your children get the right amount of food and nutrients each day, make sure there is a wide variety of food in their lunchbox. All children, no matter what their weight, height, gender or age, need to eat from the five core food groups every day. To achieve this, include at least one food from each of the *Australian Guide to Healthy Eating* five core food groups in your child's lunchbox daily.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

- Wholegrain bread and bread rolls
- Wholegrain cereals
- Wholegrain pita/pocket bread
- Lavash bread
- Turkish bread
- Fruit bread
- Home-made mini pizzas
- Pasta or noodles
- Rice
- Rice cakes
- Crackers and crispbreads
- Pikelets, muffins and scones



Vegetables and legumes/beans

- Salads – tomatoes, carrots, cucumber, celery, lettuce, sprouts, corn on the cob
- Vegetables – stir-fried, corn on the cob, carrot sticks, capsicum slices, snow peas
- Reduced fat potato salad or coleslaw
- Small can of baked beans¹

Include a bottle of water in the lunchbox every day

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

- Sliced cooked lean meats – lamb, ham, chicken, roast beef, turkey
- Boiled eggs
- Tuna/salmon¹
- Legumes including baked beans, chickpeas, lentils, butter beans, kidney beans¹

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat²

- Reduced fat milk
- Soy milk (or other cow's milk alternative) with added calcium
- Reduced fat cheese
- Reduced fat yoghurt

Fruit

- Fresh whole fruit
- Fruit salad
- Canned fruit in natural juice
- Dried fruit (30 g serve, or 4 dried apricot halves or 1 ½ tablespoons sultanas)

¹ When using canned food, choose reduced salt where possible

² The *Australian Dietary Guidelines* recommend reduced fat dairy products for children over the age of two years

All *Australian Guide to Healthy Eating* and *Australian Dietary Guidelines* images and content are used by permission of the National Health and Medical Research Council

Lunchbox menu planning is a great way to stay organised. It is a cost-effective, time-saving idea that helps you provide healthy lunches every day of the week.

Menu planning

The following pages will guide you in how to plan for a healthy lunchbox week:

Step 1

Pick a day that will become the day you plan the lunches for the rest of the week.

Step 2

Use our *Weekly lunchbox planning tool* to assist in deciding the morning tea, lunch and afternoon tea options for each day.

For further information and recipe ideas:

- www.foodsmartschools.org
- www.healthyfoodhealthyplanet.org



Being a smart shopper

- Plan ahead!
- Write a detailed shopping list from the menu you have planned - stick to this as you do your shopping.
- For ease, group items together in order of where you will find them in your supermarket.
- Check your fridge, freezer and pantry before you go shopping to ensure that you don't buy any products that you already have.
- Try to shop on the days that you know a fresh delivery of food has come in - this is often a Monday.
- Check the unit pricing on the price tag (e.g. \$/kg). Often you will find better bargains here than if you just look at the cost of the product.
- Try not to go shopping on an empty stomach - you may be more likely to buy unnecessary items.

Sample *Weekly lunchbox planning tool* – healthy lunchbox combinations

	Morning tea	Lunch
Monday	Reduced fat yoghurt and a mandarin	Multigrain roll with boiled egg, tomato, cucumber, lettuce, reduced fat cheese All day: bottle of water
Tuesday	½ orange and reduced fat yoghurt	Cold rice, chicken and vegetable salad All day: bottle of water
Wednesday	Pikelets with banana	Pita pocket with lean ham and salad All day: bottle of water
Thursday	Four dried apricots and baked beans	Ham and salad wrap All day: bottle of water
Friday	Small low fat blueberry muffin ³	Chicken and salad sandwich on wholegrain bread Grapes All day: bottle of water

³ Recipe available at www.healthyfoodhealthyplanet.org/healthy-recipes



Planning a healthy lunchbox

smart
CHOICES
Healthy eating at our school

Weekly lunchbox planning tool

Here is a blank lunch planner that you can copy and use to start planning healthy lunches for your family.

Top tip: Get the whole family to help with the planning by writing in their favourite healthy foods and drinks throughout the week.

	Morning tea	Lunch
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

For healthy recipes visit www.healthyfoodhealthyplanet.org/healthy-recipes



A joint Australian, State and Territory Government Initiative

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