

Lunchbox tips

Sandwich tips

- Avoid fillings that make sandwiches soggy
- Cut sandwiches into quarters to make them easier to manage
- For little ones, use cookie cutters to cut sandwiches into shapes. It adds fun & variety
- Wholemeal/wholegrain breads and crackers are healthier choices and keep kids fuller for longer.

Sparkling interest

- Get your kids involved in shopping for & preparing / baking lunchbox foods
- Give food fun names like rainbow wrap, superhero salad, dinosaur broccoli trees - whatever sparks their imagination
- Encourage kids to choose at least one item for their lunchbox and to pack it.



Packing tips

- Avoid pre-packaged snacks
- Reusable containers & zip lock bags are great for smaller portions of food like cheese & crackers
- Avoid sometimes foods as lunchbox treats
- Don't pack too much - children get confused about what to eat and when
- Make sure your child is able to open and reseal containers.

Food safety tips

Wash hands - wash your hands before, during and after making food.



More lunchbox tips

Baking tips

- Bake & freeze small vegetable or fruit muffins, scones, pikelets etc.
- Swap some white flour for wholemeal flour in recipes
- Make mini quiches in muffin tins with bread as the pastry
- Consider reducing the amount of sugar in recipes.



Fruit & veg tips

- Cut into small child size pieces
- Avoid dried fruit - they can be sticky & cause dental decay
- Bananas can taint other foods, especially on hot days. They can also bruise easily. Consider giving at breakfast or afternoon tea instead
- If using tubbed or canned fruit, make sure it is in natural fruit juice (not syrup).

Drink tips

- Water is always the best choice
- Low fat milk and other dairy products are recommended for children 2 years & over
- If using fruit juice, make sure it is at least 99% fruit juice.

Summer tip

Keep it cool – use an insulated lunchbox and include a frozen water bottle or freezer block to keep food cool.



A Healthier Lunchbox is as easy as

1 + 2 + 3



ADD A WATER BOTTLE

1 PACK a sandwich, wrap, roll or leftovers



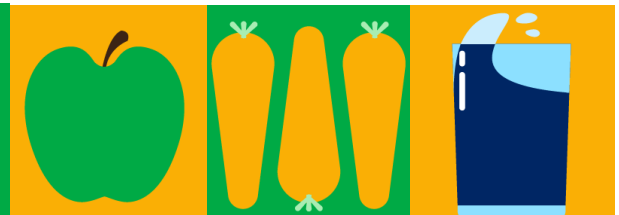
2 ADD a vegetable and fruit snack



3 PICK 1-3 more healthier snacks



Scan QR code for
more lunchbox
information



1

Pack a sandwich, roll, wrap or alternative

Bread varieties

- Wholemeal or wholegrain bread, rolls, wraps, pita bread.

Filling ideas

- Salads/cheese e.g., low fat cheese
- Shaved meats/tinned tuna
- Vegemite & cheese
- Chicken & avocado
- Tofu & salad
- Falafel, tomato, lettuce, cucumber, dip
- Egg, low fat mayo & lettuce
- Banana & sultana
- Turkey, lettuce & cranberry
- Add hummus, pickles, chutney or pesto



2

Add a vegetable & a fruit snack

Vegetable ideas

- Mini corn on the cob
- Sliced or sticks of carrots, cucumber, celery, capsicum.
- Snowpeas, cherry tomatoes, beans
- Tub of baked beans.



Fruit ideas

- Fresh seasonal fruits are best and less expensive
- Choose smaller pieces e.g., small apples
- Grapes, strawberries or other fruits that don't need to be chopped.

3

Pick 1-3 more healthier snacks

Try

Dairy based snacks

- Low fat yoghurt with fruit
- Cheese cubes.

Vegetable based snacks

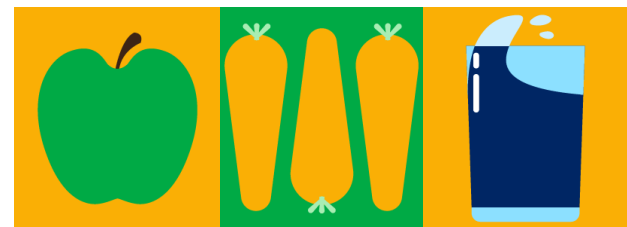
- Mixed vegetable pikelets
- Scones or muffins - pumpkin or zucchini & cheese, corn & capsicum
- Vegie sticks (carrot, celery, capsicum) with hummus or avocado dip/cheese dip
- Small bite size vegetable pieces.

Grain based snacks

- Fruit loaf/raisin bread
- Rice crackers with salsa
- Cheese & wholegrain crackers
- Weet-bix with scrape of margarine & vegemite
- Homemade popcorn or trail mix
- Overnight oats with fruit
- Homemade savoury or sweet muffins. Try carrot & sultana, banana, sweet potato.

Fruit based snacks

- Pancakes with grated apple or banana
- Homemade fruit crumble with low fat custard
- Small bite size fruit pieces.



For more great recipe ideas go to:
<https://healthupnorth.info/recipes>