

LUNCHBOX TIPS



Sandwich tips

- > Cut sandwiches into quarters, so they can at least finish some
- > For the little ones, use cookie cutters to cut sandwiches into shapes for fun and variety
- > Wholemeal and wholegrain breads and crackers are healthier choices and keep kids feeling fuller for longer
- > Try to avoid fillings that will make the bread go soggy, like thickly sliced tomato

Sparking interest

- > Get your kids involved in shopping for and preparing/baking lunchbox foods
- > Give food fun names like rainbow wrap, superhero salad, dinosaur broccoli trees, power pitas, princess pillows (ravioli) – whatever sparks their imagination

Packing tip

- > Avoid pre-packaged varieties
- > Reusable plastic boxes and zip lock bags are great for smaller portions of food such as cheese and crackers



MORE LUNCHBOX TIPS

Baking tips

- > Bake and freeze small vegetable muffins, pikelets etc
- > Make mini quiches in muffin tins with bread as the pastry – vary the filling
- > Substitute white flour with wholemeal flour in recipes



Summer Tip

- > Freeze water bottle in hot weather



Fruit & Veg tips

- > Cut into small child size pieces
- > Avoid dried fruit – they can be sticky, with sugars sticking to children's teeth, contributing to dental decay
- > Bananas can taint other food in a lunch box & bruise easily – consider giving at breakfast or afternoon tea instead
- > If using pre-packaged fruit – make sure it's 100% fruit and in natural juice



Dairy Tip

- > Low fat dairy products are recommended for children 2 years and over



1. PACK

SANDWICH, ROLL, WRAP



2. ADD

VEGETABLE & FRUIT SNACK



3. PICK

2-3 MORE HEALTHY SNACKS



March 2015



Health Promotion
Northern NSW
Local Health District



1 PACK A SANDWICH, ROLL, WRAP OR ALTERNATIVE

Bread varieties

- > Wholemeal, wholegrain bread, rolls, wraps, pita bread

Filling ideas

- > salads/cheese (eg low fat cream cheese)
- > shaved meats/tinned tuna
- > falafel, tomato, lettuce, cucumber, dip
- > egg, low fat mayonnaise & lettuce
- > turkey, lettuce & cranberry
- > Sandwich sushi – put sandwich filling on a slice of bread then roll up and cut in thirds eg tuna, avocado, grated carrot, low fat cream cheese
- > chicken & avocado
- > add hommus/pickles/chutneys/pesto

Sandwich alternatives

- > Sushi
- > Mini quiches
- > Veggie/zucchini slice or fritters
- > Savoury muffins e.g. Pumpkin & zucchini, cheese & corn, spinach/kale & feta
- > Left over dinners (fried rice, pasta, cheese and spinach triangles, baked vegetables)
- > Homemade pizza
- > Salads with cold meats, hardboiled egg
- > Pasta, rice, bean or noodle salads
- > Tuna or lentil patties
- > Lean meat balls



A HEALTHY LUNCHBOX IS AS EASY AS



2 ADD VEGETABLES & FRUIT SNACK

Vegetables, try

- > sliced or sticks of carrots, cucumber, celery, capsicum
- > snowpeas, cherry tomatoes, beans
- > corn on the cob (1/3 of cob)

Fruit, try

- > fresh seasonal fruits are best
- > choose small pieces of fruit



3 PICK 2-3 MORE HEALTHY SNACKS

- > Pikelets (e.g. savoury vegetable)
- > Scones (e.g. pumpkin or date)
- > Pancakes (e.g. add grated apple)
- > Low fat yoghurt
- > Homemade popcorn
- > Veggie sticks (carrots, celery, capsicum) with hommus/avocado dip/cheese cubes
- > Fruit loaf / raisin bread
- > Homemade sweet or savoury muffins (eg carrot & sultana, banana, sweet potato)
- > Cheese and wholegrain crackers
- > Salsa and rice crackers
- > Tub of baked beans
- > Weet-bix- scrape of butter & vegemite
- > Homemade fruit crumble with low fat custard
- > Berry & apple bircher muesli



+ CHOOSE WATER AS A DRINK

Include a thirst quenching water bottle with your lunchbox

