

## School Lunch Box Ideas

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Healthy lunches and snacks help children to concentrate and learn. Encourage children to be involved in filling their own lunch box from a range of healthy options. Ensure a well-balanced lunch box by including fresh fruit, vegetables, and a combination of protein, dairy and carbohydrate-containing foods.

Some suggestions include:

<b>Snacks</b>	<b>Lunches</b>
<p>Fresh fruit</p> <p>Tub or can of fruit in natural juice</p> <p>Small box of sultanas</p> <p>Low fat yoghurt or custard</p> <p>Home-made, low fat fruit/oat/bran muffins</p> <p>Pancakes/pikelets/crumpets/raisin bread with reduced fat cream cheese or spread</p> <p>Small carton of low fat milk (frozen overnight or kept in an insulated lunch box)</p> <p>Homemade muesli bar or biscuits</p> <p>Mixed vegetables- cherry tomatoes, carrot, cucumber &amp; capsicum sticks with low fat dip</p> <p>Plain air popped popcorn</p> <p>Pretzels</p> <p>Small handful of rice crackers</p>	<p>Choose from a variety of breads to add interest, try bread rolls, pita bread, flat bread, bagels, fruit loaf, focaccias, scones, pikelets, crisp bread, rice cakes or corn thins.</p> <p>Fillings can include: vegemite, peanut butter*, a variety of cheeses, tuna, egg, sliced cold meats or leftover roast meat, baked beans, carrot, lettuce and other salads.</p> <p>Instead of oil based spreads, consider using avocado or condiments such as chutney or pickles.</p> <p>Dips like, hummus, eggplant or tzatziki also make good spreads and add flavour and interest.</p> <p><i>*Check the school policy on allergy as some schools ban nut based products.</i></p>

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