**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.

**SPARKLING 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.

**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.
A HEALTHY LUNCHBOX IS AS EASY AS

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

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

AND A WATER BOTTLE!

Choose water as a drink
Include a thirst quenching water bottle with your lunchbox.