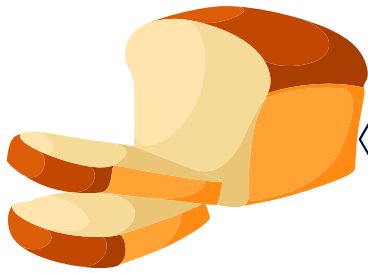


# WHAT GOES INTO A HEALTHY SCHOOL LUNCHBOX



## SOURCES OF CARBOHYDRATES

*Include wholemeal or wholegrain options where possible:*

- breads
- wraps
- rolls
- muffins
- rice
- pasta
- rice cakes
- bagels
- cereal
- popcorn
- crackers
- muesli bar

## FRUIT

*Pack easy to eat fresh fruit and remember to wash properly:*

- bananas
- apples
- oranges
- pears
- berries
- mangoes
- peaches
- dried fruits
- watermelon
- mandarins
- seedless grape
- fruit salad



## REDUCED-FAT DAIRY & DAIRY ALTERNATIVES

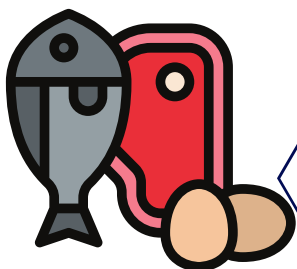
*For children over 2 yrs Include low-fat sources of calcium where possible:*

- milk
- cheese
- yoghurt
- soy & tofu
- fortified plant based milks
- broccoli
- spinach
- sardines,
- tinned salmon
- tahini
- almonds

## VEGETABLES

*Include vegetables as sandwich fillers or on their own with dip:*

- celery
- carrot
- cucumber
- tomatoes
- cherry tomatoes
- avocado
- capsicum
- corn on the cob
- lettuce
- beetroot
- snow peas
- green beans



## MEAT, FISH, CHICKEN, & OTHER PROTEIN ALTERNATIVES

*High-protein foods are good fillings for sandwiches, pasta or rice salads.*

- lean meats
- eggs
- tinned tuna
- tofu
- baked beans
- peanut butter
- hummus
- seeds
- nuts\*

\*(be mindful of school policies on nut allergies)



**Water is recommended as the primary source of hydration for kids. Milk is also a good source. All drinks with added sugar (cordials, fruit juices and soft drinks) are considered discretionary and should be avoided.**