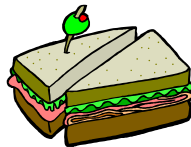




HEALTHY LUNCHBOX IDEAS

Super Sandwich Ideas

- Peanut butter and bean sprouts or banana
- Cheese with grated carrot, lettuce and sultanas
- Tuna and tomato
- Chicken, chopped celery and walnuts
- Cottage cheese, chopped apple and dates
- Egg and lettuce
- Apple and cream cheese
- Cheese and tomato
- Cheese and vegemite



Are 'Treats', 'Treats' anymore?

A real 'treat' is something that only happens occasionally, not everyday. Treats can be offered on birthdays, holidays and other special occasions.

Avoid sending your child to school with a lunchbox full of unhealthy treats everyday.

Food treats can be healthy too. For example, fruit kebabs and banana freezies can be enjoyed as a treat.

Keeping a Safe Lunchbox

School lunchboxes can heat up in the summer months if not refrigerated. When this happens, foods that are suppose to be kept cool, such as meats, eggs and dairy foods can become unsafe and unappealing for children.

The following are examples of nutritious foods that can be stored in a child's lunchbox without cooling.

- Bread rolls, fruit buns, damper, muffins, pikelets and muesli bars.
- Non-perishable spreads, such as vegemite, honey and peanut butter
- Whole fruit, canned and commercially sealed fruit
- Nuts, dried fruit and seeds
- Tinned baked beans or spaghetti
- UHT long life milk and soy milks
- Snack packs eg cheese and biscuits
- Some salad vegetables eg. carrot and celery sticks, cherry tomatoes



To keep foods cooler for longer include a frozen water bottle, juice pack or yoghurt in the lunchbox.

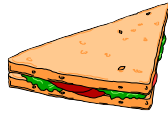
Experiment with different types of bread such as bread rolls, raisin bun, pikelets, crumpets, crispbreads and scones are all great energy foods for children.





HEALTHY LUNCHBOX IDEAS

Make the humble sandwich more exciting!



Try some of these ideas:

- Triple deckers – Make a sandwich with 3 slices of bread and two layers of filling. Remove the crusts and cut into three strips
- Pita Pockets – Half a pocket bread filled with your choice of filling, eg lean meat, salad, egg, grated carrot and cheese etc.
- Use a variety of different breads – mix it up by using bread rolls, English muffins, lavash bread or different grain breads.
- Whole wheat sandwich size crackers with cheese, vegemite or peanut butter.
- Pack sandwich fillings separately and allow children to make their own sandwich at school to avoid 'soggy' sandwiches.

Mighty Meal Ideas for the Lunchbox

- ✓ Small can of baked beans
- ✓ Vegetable soup
- ✓ Left over pasta or rice
- ✓ Corn on the cob
- ✓ Hard boiled egg
- ✓ Homemade pizza on pita bread
- ✓ Jaffles
- ✓ Raw vegetables cut into sticks
- ✓ Fresh fruit cut into child-sized pieces
- ✓ Plain milk, yoghurt, cheese and custards are great sources of calcium



How healthy are health bars?

While health bars may contain nutritious ingredients such as oats and dried fruit, they often contain large amounts of sugars and /or fat in the form of raw sugar, glucose, honey, and carob, hardened vegetable oils or a combination of these. Health bars should only be eaten occasionally and in small amounts.

Tips for cooling the lunchbox

- ★ Place mini ice bricks in the lunch box
- ★ Freeze yoghurts and other products to put in lunchbox so they will only be defrosted by snack time.
- ★ Freeze half-filled drink containers of milk or water. Just before leaving home fill the rest of the container with more of the chilled drink. This will keep the drink cold until lunch.

IF YOU WANT TO INCLUDE A LUNCHBOX TREAT, TRY GIVING CHILDREN TREATS THAT ARE NOT FOOD BASED SUCH AS STICKERS, SMALL TOYS AND STATIONARY ITEMS.



HEALTHY LUNCHBOX IDEAS

DO LOLLIES ROT YOUR TEETH?



- Sweet, especially sticky lollies are one of many sugary foods and drinks that can stick to teeth, contributing to tooth decay. Other foods such as muesli bars, rollups, health bars, honey, chocolate, fruit drinks, soft drinks and sports drinks also contribute to tooth decay.
- When we eat and drink, the bacteria in plaque uses the sugars in food & drink to make acid. Also some food and drinks such as soft drink are already acidic. This acid causes holes in teeth.
- Oral disease is largely preventable! Eating a healthy diet can help prevent tooth decay and gum disease. If sweet foods are consumed, they are best eaten at meal times to reduce the risk of tooth decay.
- Children should be encouraged to drink water after meals to help clean their teeth which promotes saliva flow and reduces the acid levels in the mouth.



Handy Hint

Include a frozen water bottle, tetra pack of milk or a carton of yoghurt to help keep the lunchbox cool in warm weather.



Better snacks for the lunchbox

Instead of filling up the lunchbox with snacks of poor nutritional value such as chips, lollies, chocolate and pre-packed commercial bars or sweet biscuits, try some of the following ideas:

- ★ Pretzels or air popped popcorn
- ★ Home-made muffins or fruit loaves
- ★ Raisin bread
- ★ Fruit piece kebabs (chilled or frozen)
- ★ Nibble mix of dried fruit, nuts, & popcorn
- ★ Tub of yoghurt
- ★ Hard boiled egg



WHOLEMEAL, MULTI-GRAIN OR WHITE BREAD?

White bread is a nutritious food that provides B vitamins, iron, some protein and dietary fibre. White bread sandwiches and rolls are still a far better choice than high fat, low fibre foods such as pies and pastries.

Wholemeal and multi-grain bread is higher in these nutrients and therefore preferable. High fibre foods also fill children up for longer which helps avoid excessive snacking and delays hunger.

