



6 steps for building a healthy lunchbox

Choose your favourite lunchbox items to add from each category!
Everyone can use this to help to build a healthy lunch.

Tips

- Keep pre-prepared or pre-cooked food in the fridge to save time.
- Involve your kids in choosing food from each section.
- Buy canned fruit and vegetables to last longer and save money.
- Think outside the box! Try healthy food options not on the list.
- Try adding sliced orange to the water bottle for strawberry for flavour.

Dairy or alternatives

(Reduced-fat)

- Small tub of yoghurt
- Cottage or ricotta
- Plain milk
- Cheese cubes or slices
- Soy milk or almond milk

Fruit

- Apple
- Banana
- Berries
- Canned fruit in natural juice
- Grapes
- Mandarin
- Orange
- Pear
- Plum
- Watermelon

Grains

- Wholegrain wrap, rolls or bread
- Pikelets
- Grainy crackers
- Pasta
- Rice
- Noodles
- Cous cous
- Quinoa

Vegetables

- Carrot sticks
- Cherry tomatoes
- Cucumbers
- Snow peas
- Capsicum
- Dips: Hummus, salsa, beetroot
- Corn
- Green beans
- Vegetable muffins
- Salad

Meat or alternatives

- Tinned fish
- Boiled eggs
- Falafel balls
- Lean meat roasted or grilled
- Baked beans
- Hummus dip
- Frittata
- Tofu cubes
- Peanut or nut butter

Water

- Frozen water bottle

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Healthy lunchbox snacks for everyone

Snacks play an important role in keeping kids and adults full between main meals.

This means we can concentrate on class and work, play, and keep our immune systems in the best possible shape.



A piece of fruit

Fruit is packed full of vitamins, minerals and dietary fibre. Most are low energy. If choosing canned fruit, make sure it contains natural juice not syrup.



Plain wholegrain wrap with salad and cheese

Wholegrain wraps contain fibre and carbohydrates for energy. Cheese is a rich source of calcium, protein, minerals and vitamins. Eating these foods can protect against heart disease and stroke. They can reduce our risk of high blood pressure and some cancers. They may reduce our risk of type 2 diabetes.

Boiled egg

Eggs are easy to prepare. They are a source of protein, healthy fats and a variety of vitamins and minerals. Plus they come in their own packaging!



Packet of air-popped popcorn

Low in energy, air-popped popcorn is tasty and healthy. One cup contains less than 1g of fat and less than 5g of carbohydrates.



Vegetable sticks with dip

Hummus, sweet potato, tzatziki or eggplant

Vegetables (particularly raw ones) are packed full of vitamins, minerals and fibre. Different vegetables can help protect the body in different ways. For the most benefit, choose a variety of colours.



Yoghurt

Plain natural Greek yogurt is rich in protein and nutrients important for bone health. It is also full of probiotics that can improve digestion and boost immunity.



Peanut butter on crispbread or crackers

Peanut butter can vary in quality with many containing large amounts of sugar and salt. If you choose a natural variety, it can be a good source of protein and healthy fats.

Tinned tuna or salmon

Fish, especially oily fish such as salmon and tuna, is a great source of essential Omega-3 fatty acids. Eating fish regularly can help reduce the risk of heart disease, stroke, dementia and macular degeneration in the eyes.



Small handful of unsalted nuts or seeds

Nuts and seeds can provide a healthy alternative to animal foods. They provide protein and nutrients. Nuts and seeds are important for those who follow vegetarian diets. They are not recommended for children aged three years or under because of their potential choking hazard. Nut butters or nut pastes can be used instead.



Small can of baked beans (no added salt)

Legumes like beans contain fibre and carbohydrates. They are full of nutrients including antioxidants. They are also a great alternative to animal foods, especially for vegetarians. They are a valuable source of protein and other nutrients that are found in meats.



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