

# TIPS FOR A KINDY FRIENDLY LUNCH BOX

Healthy lunches and snacks are important for children and help with concentration and learning. Healthy eating changes are not always easy to make. Try to set a good example with your own lunches. Encourage children to be involved in their own lunch preparation. Here are some suggestions for a Kindy friendly lunch box :



## Six items to put in a lunch box

- Vegetables
- Fresh fruit
- Dairy food – cheese or yoghurt
- Protein food – slice of lean meat, or beans
- Carbohydrate – bread, roll, pita or flat bread, fruit bread or crackers
- Water - supplied in a water bottle



## Food suggestions

There are endless food choices available for lunch boxes. It can sometimes be difficult to decide which foods are healthy choices.

### Vegetables

#### Best choices

Try vegetable sticks with dips, or a small container with mixed vegetables such as cherry tomatoes, carrot sticks, celery, corn, beetroot, sprouts, capsicum, snow peas or cucumbers.

#### Foods best left out

Chips are best left for parties.

### Dairy food

#### Best choices

Reduced fat

Yoghurt -

Try freezing a

#### Foods best

'Dairy



### Fruit

#### Best choices

Fresh, or tinned fruit in natural juice, are everyday foods.

Dried fruit is sticky and high in sugar, so eat occasionally or as part of a meal.

#### Foods best left out

Dried fruit bars and 'straps' are very high in sugar, low in fibre and stick to children's teeth causing tooth decay.

cheese slices or cubes.

natural or fruit yoghurt.

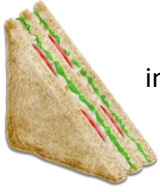
tub of yoghurt and putting it in your child's lunch box.

#### left out

desserts' custards and flavoured milks are high in sugar.

## Sandwiches

### Best choices



- Rolls and wraps Include a variety of bread and fillings, especially if children begin to lose interest in sandwiches.

### Best choices

Choose one or more of the following:

- sliced lean cold meats such as ham, turkey, chicken, lamb or beef with vegetables
- grated carrot, lettuce or tomato
  - Cheese or cheese spread could be used occasionally

Include grainy bread or rolls, flat bread, fruit loaf or buns, bagels, corn or rice cakes, Turkish bread, crispbread or pikelets.

As an alternative try: pasta – make a salad with lots of raw vegetables OR rice – when making fried rice, add lots of steamed vegetables.

### Foods best left out

Where possible avoid chocolate spreads, jam and honey.

Where possible avoid fatty meats such as salami and Strasbourg.

## Biscuits and dips

### Best choices

Wholemeal or multigrain dry biscuits, crispbreads, or rice cakes with yoghurt, hummus or vegetable dips.

### Foods best left out

‘Oven baked’ and plain savoury biscuits are often high in salt and fat (monitor the nutrition guide on the back).



### Muffins and cakes

Try making your own healthy muffins and cakes. Include fruit and vegetables such as sultanas, carrot, zucchini, banana and pumpkin.

### Foods best left out

Only offer donuts and cakes occasionally instead of in the lunch box. Store bought pre packaged cakes, muffins and slices are often very high in sugar and fat.

**WATER** – we strongly recommend children drink water throughout the day and cordial is discouraged. We will refill empty water bottles with tap water.

