



Healthy Lunchbox Ideas



A lunchbox should contain foods from all of the food groups



Breads & Cereals 2 serves

1 serve = 1 slice bread or 1 small muffin or 1/3 to 1/2 cup cooked rice/pasta



Vegetables 1 serves

1 serve = 1/2 cup vegetables/salad



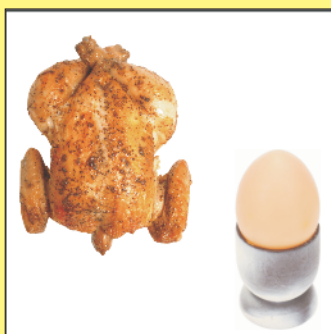
Fruit 1 serves

1 serve = 1 med. Size piece of fruit or 2-3 pieces of dried fruit



Dairy 3 serves

1 serve = 1/2 cup milk or 15g chesse or 1/2 cup yoghurt



Meats & Proteins 1 serve

1 serve = 1 small slice of red/white meat or 1/3 cup cooked legumes (baked beans, lentils, chickpeas) or 1 egg

FOOD SAFETY

Keep foods cold by using:

- frozen drinks
- freezer packs
- insulated lunchboxes and bags

Remember
Always wash hands

Lunchbox menu ideas

MORNING TEA	1/2 cup milk (100ml) 1 scone with butter and jam	1/2 cup milk tinned fruit 2 pikelets with butter and jam	1/2 cup milk 1 slice of fruit loaf 1/2 apple
LUNCH	1 ham and cheese sandwich 1/2 tub yoghurt 1 piece fruit	1 vegemite sandwich 1 piece cheese 1 hard boiled egg	2 cheese crispbread celery sticks orange wedges
AFTERNOON TEA	1/2 cup milk plain sweet biscuits carrot sticks	1/2 cup milk 1/2 cup mixed salad* 1 small muffin	1/2 cheese sandwich custard dessert