Lunchbox Ideas

Fruit & Vegetables
- Apples
- Bananas
- Oranges
- Grapes (halved for young children)
- Kiwi Fruit
- Strawberries
- Mandarins
- Cherry tomatoes
- Carrot sticks (cooked for young children)
- Zucchini
- Pineapple
- Mango
- Pineapple

Filling Ideas
- Vegemite, cheese, tuna, egg, cold lean meats, cucumber, canned salmon, grated carrots, sliced mushrooms, alfalfa sprouts, beetroot, chicken, avocado, low fat mayo

Filling Combinations
- Roast beef, fruit chutney, cheese & grated carrot
- Chicken, avocado, alfalfa sprouts
- Vegemite & cheese
- Tuna, lettuce & grated carrot
- Ham & cheese

Drinks
- Tap Water is the preferred option.
- Fruit juice: unsweetened fruit juice (more than 99% fruit juice)
- Milk: reduced fat or skim milk (under 2 years of age offer full cream milk)

Useful Websites
- To find out about healthy eating: www.gofor2and5.com.au
- Healthy recipe ideas: www.heartfoundation.com.au
- School lunch box ideas: www.sadental.sa.gov.au
- Information on teeth, sugar and snack ideas

Important tips for school aged children
- Children need a variety of foods each day
- Snacks are an important part of a healthy diet for active children
- Let children tell you when they are full
- Consider starting a veggie garden at home and involve the children
- Plan to share meals as a family and enjoy talking and sharing the days happenings at mealtimes

Please note: some of the ideas listed may need to be chopped or grated depending on your child's age to reduce the risk of choking

Kirton Point
Children's Centre
for Early Childhood Development and Parenting

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