

Grab 'n Go School Lunchbox Shopping List

Fresh vegetables

- Avocado
- Baby cucumbers
- Baby carrots
- Snow peas
- Raw green beans
- Sugar snap peas
- Cherry tomatoes
- Baby spinach
- Salad mix
- Celery*
- Carrots*
- Cucumbers*
- Capsicums*
- Cabbage
- Tomatoes*
- Corn on the cob*
- Lettuce*

Fresh fruit

- Bananas
- Apples
- Mandarin
- Pears
- Peaches
- Nectarines
- Kiwi fruit
- Grapes
- Blackberries
- Strawberries
- Raspberries
- Blueberries
- Mango*
- Oranges*
- Watermelon*
- Rockmelon*
- Honeydew melon*
- Lychees

Canned goods

- Fruits in natural juice
- Baby corn
- Corn kernels
- Vegetable soup (reduced salt)*
- Baked beans (reduced salt)
- Tuna (in spring water)
- Salmon (in spring water)
- Tuna and bean mix
- Chickpeas
- Kidney beans
- Four bean mix
- Lentils

Fridge and deli

- Plain or flavoured yoghurt tubs
- Cheese sticks
- Cheese slices
- Cream cheese
- Plain or flavoured milk
- Hummus
- Lean sliced meat*
- Eggs*
- BBQ chicken (no skin)
- Tofu
- Tzatziki
- Falafel

Pantry and bakery

- Long life plain or flavoured milk poppers
- Plain air-popped popcorn*
- Sultana packs (single serve)
- Diced fruit cups
- Precooked plain rice packets
- Tortilla
- Wholemeal/ wholegrain bread or wraps
- Raisin bread
- Pikelets
- English muffins
- Wholegrain rice crackers / crispbreads
- Roti
- Pita bread

Tips

- Choose vegetables and fruit in season, and those with natural packaging e.g. bananas, mandarins, baby cucumbers
- Frozen fruits and vegies are just as nutritious as fresh
- Help the environment and save money - buy products in bulk when on sale
- Add a frozen water bottle / ice block to keep lunchbox cool
- Use a thermos to keep hot food like soup and curry warm

*These items require minimal preparation

My healthy lunchbox

Mix and match a food from each food group to make a healthy lunchbox



Grains

Choose mostly wholegrain options which will provide energy for learning and playing



Wholegrain wraps/
pita bread or roti



Wholegrain bread



Wholegrain crackers



Brown rice



Wholegrain pasta



Protein

Choose minimally processed protein which will help grow strong muscles



Lean chicken breast



Cooked legumes
and lentils



Hummus dip



Tuna



Boiled egg



Vegetables

Choose vegetables to help children get important vitamins and to help them feel full



Cucumber and tomatoes



Potato



Celery sticks



Leftover cooked
vegetables



Salad



Fruit

Choose fruit everyday, they are full of vitamins, minerals, fibre and more



Grapes



Cut orange wedges



Strawberries



Banana



Canned fruits in
natural juice



Dairy

Choose dairy to support healthy bones and teeth



Cheese



Milk



Soy milk



Yoghurt



Tzatziki

It is easy to pack
a nutritious,
waste-free
lunchbox



Reusable containers



Fabric wrap



Drink bottle



Reusable cutlery



Reusable lunchbox



Natural skin