

Healthy Lunchbox Tips...

When packing a healthy lunchbox, make sure you include a GO food, a GROW food and a GLOW food.



GO foods include the bread and cereals food groups. GO foods contain carbohydrates that provide energy to walk, run, dance, play and help with concentration at school.



GROW foods include the meat, meat alternatives and dairy foods. GROW foods have protein to grow strong bones and muscles, calcium for strong teeth and bones and iron for strong blood.



GLOW foods include fruits and vegetables. GLOW foods contain vitamins and minerals for glowing skin, shiny hair, strong nails and to fight sickness.

Fresh Ideas!

Give the sandwich free lunchbox a go:

- Leftovers from dinner
- Vegetable pikelets/fritters (eg. zucchini, corn and carrot)
- Rice paper rolls/sushi
- Vegetable sticks with cheese and crackers
- Savoury muffins
- Homemade pizza
- Rice, pasta, chickpea or cous cous salad
- Vegetable sticks with dip
- Roast vegetables
- Falafels with pita bread chips

Choose a waste-free lunchbox:

- Pack reusable containers, cutlery and a drink bottle
- Help the environment and save money - buy in bulk and pack food into small reusable containers
- Choose fruit and vegies in natural packaging e.g. bananas, mandarins, baby cucumbers, snow peas
- Encourage kids to bring home uneaten food - take the opportunity to discuss ways to reduce waste!



More information on Fresh Tastes and Actsmart



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My Healthy Waste-Free Lunchbox



ACT Government
fresh TASTES



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



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



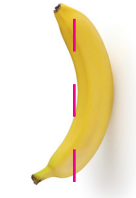
Grapes



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