

# Healthy Lunchbox

Information Session  
for Families





# Healthy Lunchbox:

## Why is it important to pack healthy food?

- Improve concentration and learning
- Provide enough energy for children to play and be active
- Keep healthy and reduce fats, sugars and salt



# What do I need to pack?

## **Crunch & Sip**

(Early morning fruit & vegetable snack)

**9.30am (10mins)**

School

## **Morning Tea**

(May be provided by preschools)

**10.45am (30mins)**

School & Preschool

## **Lunch**

**1.00pm (1hr)**

School & Preschool

## **Bottle of Water**

School & Preschool

# Crunch & Sip

Many schools provide a Crunch & Sip break in the day and children may need to bring an extra snack of fruit and vegetables



# What can I pack for Crunch & Sip

Only fruit and/or vegetables and water are able to be provided for a Crunch & Sip break. This could include:

- Whole vegetables
- Vegetable sticks
- Fruit pieces
- Whole fruit
- Dried fruit



Fruit juice, fruit straps, vege chips, muesli bars and popcorn **are not allowed** as a Crunch & Sip snack.





# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.  
 Drink plenty of water.



# Sample Healthy Lunchboxes





# Sample Healthy Lunchboxes





# Sample Healthy Lunchboxes



# Foods **not** to pack in lunchboxes





# Allergies

Some schools and preschools have children with allergies to certain foods such as nuts and eggs. It is important to check with your child's school or preschool whether nuts and eggs are allowed before packing them in the lunchbox.



# Keeping Food Safe

- Pack a frozen freezer brick inside the lunchbox next to foods that should be kept fresh, for example cheeses, yogurts, meats and salads
- Ask children to keep packed lunches out of direct sunlight and away from heat so that food stays fresh
- Use a thermos to keep food warm
- If making lunches ahead of time, keep them in the fridge until leaving for child care or school
- Regularly empty and wash your child's lunchbox and drink bottle