



Healthy Lunch Boxes

When children eat well they behave better. They are also able to concentrate for longer. Packing a healthy school lunch box will help them to learn, stay focused and be happy at school.

Bridge Road Tips for a healthy lunchbox:

1. **Make time to prepare** - have fresh fruit and vegetables available to use. Plan ideas on the weekend and include your child in this process to encourage healthy choices.
2. **Choose wisely** - buy seasonal fruit and vegetables.
3. **Make your own snacks** – build snacks from what fresh food you have bought. Make your own snacks on the weekend as an activity with your child.
4. **Choose from a variety of food groups** – grains, fruits, vegetables, dairy and proteins.
5. **Include a bottle of water** – no need to pack sugary drinks like juice and flavoured milks (such as Up and Go).
6. **Keep it cool** – use an icepack to keep the lunch fresh and cool.

Check out these websites for great recipe ideas:

<https://www.taste.com.au/recipes/collections/kids-healthy-lunch-box-ideas>

<https://www.bbcgoodfood.com/recipes/collection/school-lunch>

<https://kidgredients.com.au/5-ingredients-or-less-lunchbox-recipes/>

<https://healthy-kids.com.au/10-great-lunch-box-ideas/>

<https://www.kidspot.com.au/kitchen/recipes/collections/healthy-lunch-box-recipes>

<https://theorganisedhousewife.com.au/lunchbox-ideas/kids-lunch-box-ideas/>

Try making some of the recipes with your child on the weekend.

Use this it as a way to encourage your child to make shopping lists, read recipes, and learn about nutrition and why it's good for their body while enjoying some quality time together at home.

DRINKS and FOODS high in sugar such as lollies/chocolates, hundreds and thousands are not suitable for school lunch boxes.

VEGETABLES

Vegetables should make up a large part of your daily food intake and should be encouraged at every meal (including snack times). They provide vitamins, minerals, dietary fibre and nutrients to help your body stay healthy.



E.g.

- Carrot sticks
- Cherry tomatoes
- Cucumber sticks
- Snow peas
- Mashed avocado
- Celery sticks
- Corn kernels
- Capsicum sticks

FRUITS

Fruit provides vitamins, minerals, dietary fibre and many nutrients that help your body stay healthy.



E.g.

- Fruit salad
- Cut up apple, pear, rockmelon
- Strawberries
- Grapes
- Bananas
- Kiwi fruit
- Orange quarters

DAIRY

An adequate dairy intake is important for active young athletes. Dairy products such as milk, yogurt and cheese are the richest sources of calcium.

Boys and girls ages 4 to 8 need 2.5 cups of dairy products per day, while children ages 9 to 18 need three cups per day.



E.g.

- Cheese with crackers
- Yoghurt
- Cream cheese

PROTEIN

We need to eat protein foods such as lean meat, poultry, fish, eggs, tofu, nuts, seeds and legumes/beans every day. Protein is essential for building, maintaining, and repairing the tissues in our body.

As well as providing us with protein, these foods contain other essential nutrients. That's why it is important to eat a wide variety of protein foods each day.



E.g.

- Tuna
- Slices of ham / turkey
- Chicken pieces
- Pasta
- Chickpeas or Hummus
- Eggs