

School Lunch Box Ideas

Good eating habits begin in childhood. For children to keep up their energy levels and get through a hectic day at school, they need to eat a variety of foods. This pamphlet provides simple, tasty and nutritious ideas to include in your child's school lunch box. The lunch box ideas below consist of a snack, lunch and drink combination. Use the ideas provided in this pamphlet or make up your own. Try to include fruit and reduced fat milk, or another reduced fat dairy product, in the lunch box every day.

- *Snack* pikelets with margarine spread and jam
Lunch reduced fat cheese and chutney sandwich, with fruit in season and water
- *Snack* half a corn on the cob (pre-cooked and wrapped)
Lunch ham, mustard and tomato sandwich, with fruit in season and water
- *Snack* small tub reduced fat yoghurt (plain or fruit)
Lunch tuna, lettuce and avocado in a wholegrain roll, with fruit in season and water
- *Snack* small can or tub of fruit
Lunch chicken and lettuce rolled up in Lebanese bread, with fruit in season and plain, reduced fat milk in a thermos (to keep it cold)
- *Snack* vegie sticks (e.g. carrot, capsicum) with a small tub of salsa dip
Lunch peanut butter sandwich, with fruit in season, small tub reduced fat yoghurt (plain or fruit) and water
- *Snack* fruit loaf with margarine spread
Lunch rye bread sandwich using lean meat (choose sandwich meats with the Heart Foundation's Tick of approval), with small tub of carrot sticks, celery sticks, and cherry tomatoes and water
- *Snack* plain, fruit-based muesli bar
Lunch homemade pizza (make your own pizzas the night before with Lebanese bread, tomato paste, vegies and reduced fat cheese. They taste great cold the next day!), with fruit in season and water
- *Snack* plain or fruit scone with margarine spread and jam
Lunch egg and lettuce sandwich, with fruit in season and water
- *Snack* banana, ricotta and sultanas wrapped in wholemeal lavash bread
Lunch kidney beans (mashed), tomato, spinach leaves and avocado in a wholegrain bun, with fruit in season and water
- *Snack* reduced fat cheese stick or triangle and sultanas
Lunch chicken or turkey, celery and lettuce sandwich, with fruit in season and water
- *Snack* small tub of yoghurt (plain or fruit)
Lunch vegetable soup in a thermos served with a bread roll spread using margarine, with fruit in season and water





Nutrition Tips

- Children eat different amounts of food according to their growth patterns. For smaller appetites pack smaller serves – cut sandwiches into quarters and chop up fruit into bite-size pieces.
- Calcium is lacking in many children's diets – provide a calcium-rich food like milk, cheese or yoghurt every day. Children under two years of age need full-cream milk and dairy products for extra energy. After two years of age, gradually introduce reduced fat milk and dairy products.
- Fruit has more fibre and less kilojoules than fruit juice. Make fruit a regular lunch box item.
- Include water or reduced fat milk as a daily drink, with fruit juice as an occasional treat.
- Use margarine spreads or mayonnaise made from oils such as canola, sunflower, soybean and olive oils.

Practical Tips

- Freeze drinks in summer and use as the lunch box cooler (place inside box or strap it to the box with an elastic band). This will help keep food cool as well as safe to eat.
- Involve your child in choosing their own lunch from the range of healthy options provided in this pamphlet. It's okay if they eat the same food everyday as long as their food choices are mostly healthy.

About the Heart Foundation

The National Heart Foundation of Australia is a charity and the leading organisation in the fight against cardiovascular disease (heart, stroke and blood vessel disease) in Australia. As a charity we rely mostly on donations and gifts in wills from Australians to help us continue our life-saving research and health promotion work. Cardiovascular disease claims the lives of more than one in three Australians. You can help us save lives by making a donation, becoming a volunteer or by purchasing our heart gifts.

Heartline

For more information on healthy eating or heart health please contact *Heartline*, the Heart Foundation's national telephone information service, on **1300 36 27 87** (local call cost). Ask about our range of cookbooks, such as *Deliciously Healthy*, for more tasty snack ideas for the lunch box, and a delicious range of meal ideas for the whole family to enjoy.

Heartsite

The Heart Foundation's *Heartsite* provides you with access to our latest heart health and programs information. You'll also find our fantastic range of heart gifts, cookbooks and information about how you can support the Heart Foundation.

Visit www.heartfoundation.com.au today.

The Important Tick

The Tick Program is the Heart Foundation's guide to help you make healthier food choices quickly and easily. Foods with the Tick are healthier choices among foods

of their type. Tick foods are lower in fat, saturated fat, sodium (salt) and where appropriate, kilojoules. Some are also higher in fibre. All foods are independently tested and assessed against strict nutritional guidelines before getting the Tick of approval. Try foods with the Tick for a taste of healthier eating.

