

# My healthy lunchbox

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



Choose mostly wholegrain options. The slow release energy will provide nutrients for concentration in the classroom as well as lots of energy for playtime.

Include protein that is unprocessed, as processed meats such as devon, chicken loaf and salami are often high in fat and salt and can be lacking in nutrients.

Always add veggies to the lunchbox to make sure your kids are getting all the nutrients they need. Add grated veggies to sandwiches, or veggie sticks to munch on.

Include a piece of fruit everyday. They are full of vitamins, minerals, fibre and more! Try cutting fruit into bite size pieces or making fruit salad.

Healthy snacks help kids refuel between meals. The healthiest snacks are based on fruits, vegetables, dairy and wholegrains.



Wholegrain wrap



Lean chicken breast



Lettuce



Grapes



Carrot sticks



Wholegrain bread



Low-fat cheese



Potato



Cut orange wedges



Cherry tomatoes



Wholegrain crackers



Hummus dip



Celery sticks



Strawberries



Low-fat milk



Brown rice



Tuna



Leftover cooked peas and carrot



Banana



Low-fat yoghurt



Wholegrain pasta



Boiled egg



Salad



Apple



Unsalted popcorn



**Let's teach them good habits for life**

For more ideas and to receive your FREE cookbook and tailored health and wellbeing program, register at [www.act.gov.au/goodhabitsforlife](http://www.act.gov.au/goodhabitsforlife)

Good Habits for Life is part of the ACT Government's Healthy Weight Initiative, supporting a healthy, active and productive community. Reduced fat milks are not suitable for children under 2 years.



**fresh TASTES**  
healthy food at school