Lunch Box Check List

Does the Lunch Have a Healthy Wholesome Main?
Wholegrain or wholemeal sandwich, roll, bagel or wrap filled with:
- Protein source: i.e. low or reduced-fat cheese, tuna, chicken, eggs, beans or
- Salad: avocado, cucumber, carrot, tomato, lettuce
- Spread: peanut butter, avocado, hummus, cream cheese

Health Main Lunch Ideas:
- Tuna + corn + grated vegetables + sauce (salsa, chutney)
- Roast beef + salad
- Chicken + coleslaw (low or reduced fat dressing)
- Chicken + avocado + lettuce or alfalfa
- Leftover roast veggies, e.g. zucchini, pumpkin, capsicum or eggplant, + ricotta or low or reduced-fat cheese + pesto
- Grated carrot + sultanas + grated low fat cheese + alfalfa
- Low or reduced-fat cheese + salad + hummus
- Ricotta + banana + honey OR ricotta + sultanas + grated carrot
- English muffin with tomato and low or reduced-fat cheese
- Pita bread with tuna, lettuce and mayonnaise
- Turkey, cranberry and spinach in Turkish bread
- Vegetable soup with bread
- Leftover homemade muffin pizzas
- Pasta and tuna salad with vegetables

Does the Lunchbox Contain some Delicious Dairy? (Select at least one)
- Plain Milk
- Flavoured Milk
- Yoghurt
- Fruche
- Creamed Rice
- Cheese and biscuits
- Cheese stick
- Drinking Yoghurt

Does the lunchbox have 2 Fruity Foods? (At least one fresh fruit option)
- Fresh whole fruit; try to have different varieties
- Snack packs of tinned fruit
- Fruit salad
- Frozen oranges and frozen banana

Other Yummy Ideas:
- Banana bread
- Air popped popcorn
- Mixed nuts and seeds
- Half fruit scone
TIPS TO HELP PROMOTE HEALTHY EATING

• Vary the fruit you buy each week for school lunches. Try to purchase fruits in season as they will often taste best.

• Vary the breads and sandwich fillings each week. - 6 - www.education.nt.gov.au

• The dairy products are particularly important. Yoghurt can be frozen and used to keep the rest of the lunch box cool. If lunch is being stored in a fridge at school, why not send along a small bottle of milk?

• Involve your child in selecting foods for their lunch box. Giving them two options on a given day is plenty of choice to make them feel empowered.

• Get kids involved on the weekend in food preparation such as making some high fibre fruit muffins.

• Don't forget water is the best drink. Children should be encouraged to bring their own water bottle with them to school each day. Children should not bring sweet drinks such as juice, cordial or soft drink to school as these drinks may replace other more nutritious foods.

• Sweet drinks increase the risk of dental caries and are high in kilojoules.

• Get kids involved in planting some tomatoes or lettuce to be included in their lunch.