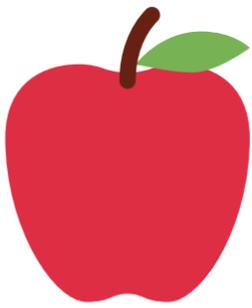


LUNCHBOX IDEAS

Let your kids pack their own lunchboxes! Kids are perfectly capable of doing this from a very early age (younger children may need supervision or help with cutting, peeling, etc). Children are more likely to eat food they have been involved in preparing themselves. The key to this is having a wide variety of nutritious options easily available and ready to go in your fridge and pantry.



FRUIT

Fruit provides vitamins, minerals, dietary fibre and phytonutrients; kids need 1-2 serves per day. Choose fresh fruit in season for peak nutrition and flavour.

- bananas, apples, pears & citrus fruits
- berries, grapes, & kiwifruit
- stone fruits, mango, pineapple & watermelon

VEGETABLES

Vegies provide a whole range of vitamins, minerals, antioxidants and fibre; kids need around 5 serves a day.

- cherry tomatoes, baby cucumbers, carrot sticks
- snow peas, corn cobs & edamame
- zucchini slice, corn fritters, pumpkin scrolls



DAIRY FOODS

Dairy foods such as milk, yoghurt and cheese are the best sources of calcium for school aged children. Children require calcium daily for normal development, and building strong bones and teeth.

- natural or vanilla yoghurt, plain milk
- cheese & crackers, cream cheese with vegie sticks

MEAT & PROTEIN

Protein-rich foods provide vitamins & minerals such as iron, zinc, B-vitamins and omega 3's, all important for optimal growth & muscle development, and helping kids focus and learn at school.

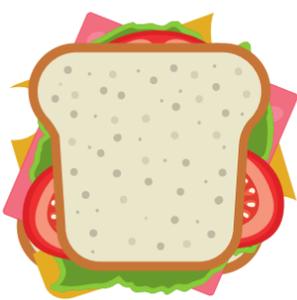
- lean deli meats, hard boiled eggs, chicken drumstick
- small tin baked beans, tuna or salmon
- Falafels, hummus, dry roasted chickpeas, tofu



BREADS & CEREALS

Grain based foods are a good source of energy, vitamins & minerals, & fibre, which helps keep kids regular and promotes good gut bacteria.

- grainy or wholemeal sandwiches, rolls & wraps
- pasta, rice or quinoa salad
- sushi using brown rice, chicken & vegetables



SAFE STORAGE

Protein foods such as dairy, meat & meat alternatives require safe storage at school. These foods are high risk for the growth of food-poisoning bacteria at temperatures over 5°C. Use an insulated lunch bag with a freezer brick or small frozen water bottle, and keep dairy or protein foods next to it.



NEED MORE NUTRITION SUPPORT FOR YOUR CHILDREN?

Visit appetite4health.com and request an appointment.