






# Ideas to Increase Essential Food Groups in the Lunchbox

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| <h2>Bread and Cereals</h2>  <p>BREAD, CEREALS, RICE, PASTA, NOODLES</p>  |   |
| <ul style="list-style-type: none"> <li>• Variety of breads e.g. wholemeal, Turkish, pita pockets, crumpets, fruit bread, rolls, mountain bread, wraps, damper, muffins</li> <li>• Dry crackers or crispbread (eg. wholegrain water crackers, rye cruskits)</li> <li>• Pasta, rice or noodle salad</li> <li>• Leftover stir-fry, stew, curry, savoury mince with rice, pasta, noodles or bread</li> <li>• Plain rice cakes or corn thins</li> <li>• Add rice or pasta to soup and serve with bread</li> <li>• Rice or bread in custard as a dessert (eg. creamed rice)</li> </ul> | <ul style="list-style-type: none"> <li>• Home-made pizza muffins</li> <li>• Muffins, pikelets, scones or biscuits; try including oats, fruit, vegetables or cheese (eg. zucchini and cheese muffins)</li> <li>• Breakfast cereals (eg. Mini Wheats, Fruity Bites) as a snack</li> <li>• Add bread crumbs or oats as a topping (eg. bread crumbs on main dishes, oats on yoghurt)</li> <li>• Avoid high fat and salt crackers (e.g. jatz, ritz and shapes)</li> <li>• Avoid hard crackers biscuits that don't easily melt in the mouth and are a choking hazard</li> </ul> |

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| <h2>Vegetables</h2>  <p>VEGETABLES, LEGUMES</p>  |  |
| <ul style="list-style-type: none"> <li>• Vegetable sticks with or without dips such as salsa, hummus and/or yogurt based dips- snow peas, green beans, capsicum, cucumber sticks, cooked carrot sticks</li> <li>• Salads including garden salads, coleslaw and potato salad</li> <li>• Add vegetables to muffins, and pikelets (eg. grated carrot, zucchini, sweet potato, corn)</li> </ul> | <ul style="list-style-type: none"> <li>• Vegetables in soups and stews</li> <li>• Salad items in sandwiches and wraps, eg: grated carrot, cucumber, tomato, lettuce, capsicum, corn kernels</li> <li>• Vegetable slice or quiche</li> <li>• Cherry tomatoes (cut in half) and snow peas make a great snack on their own</li> </ul> |

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| <h2>Fruit</h2>  <p>FRUIT</p>   |   |
| <ul style="list-style-type: none"> <li>• Pack small serves of fruit for morning tea and afternoon tea (eg. cut up in 2 different containers)</li> <li>• Include a variety of fresh fruit when in season (eg. mandarins, banana, kiwi fruit, apricot, pear)</li> <li>• Dried, tinned, stewed, or frozen fruit</li> <li>• Fruit with yoghurt or custard</li> </ul> | <ul style="list-style-type: none"> <li>• Add fruit to mains (eg. apricot chicken, prunes or dates to casseroles, pineapple in stir fry's)</li> <li>• Fruit smoothies</li> <li>• Fruit in muffins, scones and pikelets</li> <li>• Fruit salad</li> <li>• Fruit kebabs (icy-pole sticks may be safer, still requires strict supervision)</li> </ul> |

Don't forget to pack a water bottle each day with your child's lunch box. A spare water bottle can be frozen and help to keep your child's lunch cold in the warmer weather.

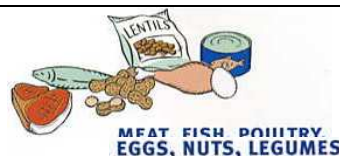
## Milk Products



MILK, YOGURT, CHEESE

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| <ul style="list-style-type: none"> <li>• Cheese slices, cheese sticks or cubes in salads or as a snack</li> <li>• UHT milk boxes</li> <li>• Yoghurt, Custard</li> <li>• Grated or sliced cheese, or cream cheese in sandwiches</li> <li>• Creamed rice, or Milk jellies (eg. junket or flummary)</li> <li>• Milk or cheese sauces with meals</li> <li>• Full cream milk powder in soups and sauces</li> </ul> | <ul style="list-style-type: none"> <li>• Home-made fruit smoothies or milkshakes</li> <li>• Yoghurt based dips (eg. tzatziki) with veges or fritters</li> <li>• Milk, yoghurt and/or cheese added to quiches, savoury muffins, scones</li> <li>• Use natural yoghurt to bind sandwich fillings (eg. tuna with grated veges), or served with curries</li> <li>• Sprinkle cheese on main dishes (eg. pasta) or vegetables</li> </ul> |
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## Meat and Meat Alternatives



MEAT FISH POULTRY EGGS, NUTS, LEGUMES

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| <ul style="list-style-type: none"> <li>• Left over meat balls or rissoles, curries, stir-fry, casseroles</li> <li>• Small tin of baked beans or bean mix, or tuna</li> <li>• Hard boiled eggs, quiche or frittata</li> <li>• Hummus- as a dip or spread</li> <li>• Sandwich fillings, eg: sliced roast meats, cooked chopped chicken, tuna, egg, ham (reduced fat), or cheese</li> <li>• Savoury slices made with egg (eg. zucchini slice)</li> </ul> | <ul style="list-style-type: none"> <li>• Add lentils to savoury dishes (eg. tomato pasta) or add mixed beans to salads</li> <li>• Tuna, salmon, chicken or mince pasta bake</li> <li>• Minestrone soup containing legumes</li> <li>• Lentil burgers, or tuna or salmon patties</li> <li>• Peanut butter or other nut pastes (unless a 'nut free' centre)</li> <li>• Avoid high fat processed meats (eg. fritz, kabana, salami, mettwurst, bacon)</li> </ul> |
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## Not Recommended Foods



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| <p>Too high in fat, sugar and/or salt:</p> <ul style="list-style-type: none"> <li>• Chips/crisps, corn chips, chocolate bars, chocolate biscuits, donuts, cream cakes</li> </ul> <p>Too high in sugar and can contribute to tooth decay:</p> <ul style="list-style-type: none"> <li>• lollies, sticky fruit bars, sticky breakfast bars, sweet muesli bars, sports drinks, soft drinks, cordials, fruit drinks</li> </ul> <p>Choking hazards (don't put in the lunchbox)</p> <ul style="list-style-type: none"> <li>• nuts, corn chips, popcorn, hard or sticky lollies, hard cracker biscuits that don't easily melt in the mouth</li> </ul> | <p>These foods are a choking risk but can be modified to make them safer:</p> <ul style="list-style-type: none"> <li>• Grate, very finely slice, cook or mash hard fruits and vegetables (eg. raw carrot, celery and apple)</li> <li>• Cut round foods such as whole grapes and cherry tomatoes in half</li> <li>• Remove seeds, pips and stones and cut into small pieces (eg. cherries, stone fruit, olives)</li> <li>• Remove skins (eg. hot dogs, sausages and frankfurts), cut lengthwise, and then into small pieces</li> <li>• Remove fat, gristle and bone from meats and fish, and cut into small pieces or mince, shred or slow cook.</li> </ul> |
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Refer to the 'Lunchbox Checklist' for number of serves from each group required for a 1-5 year old for an 8 hour period.