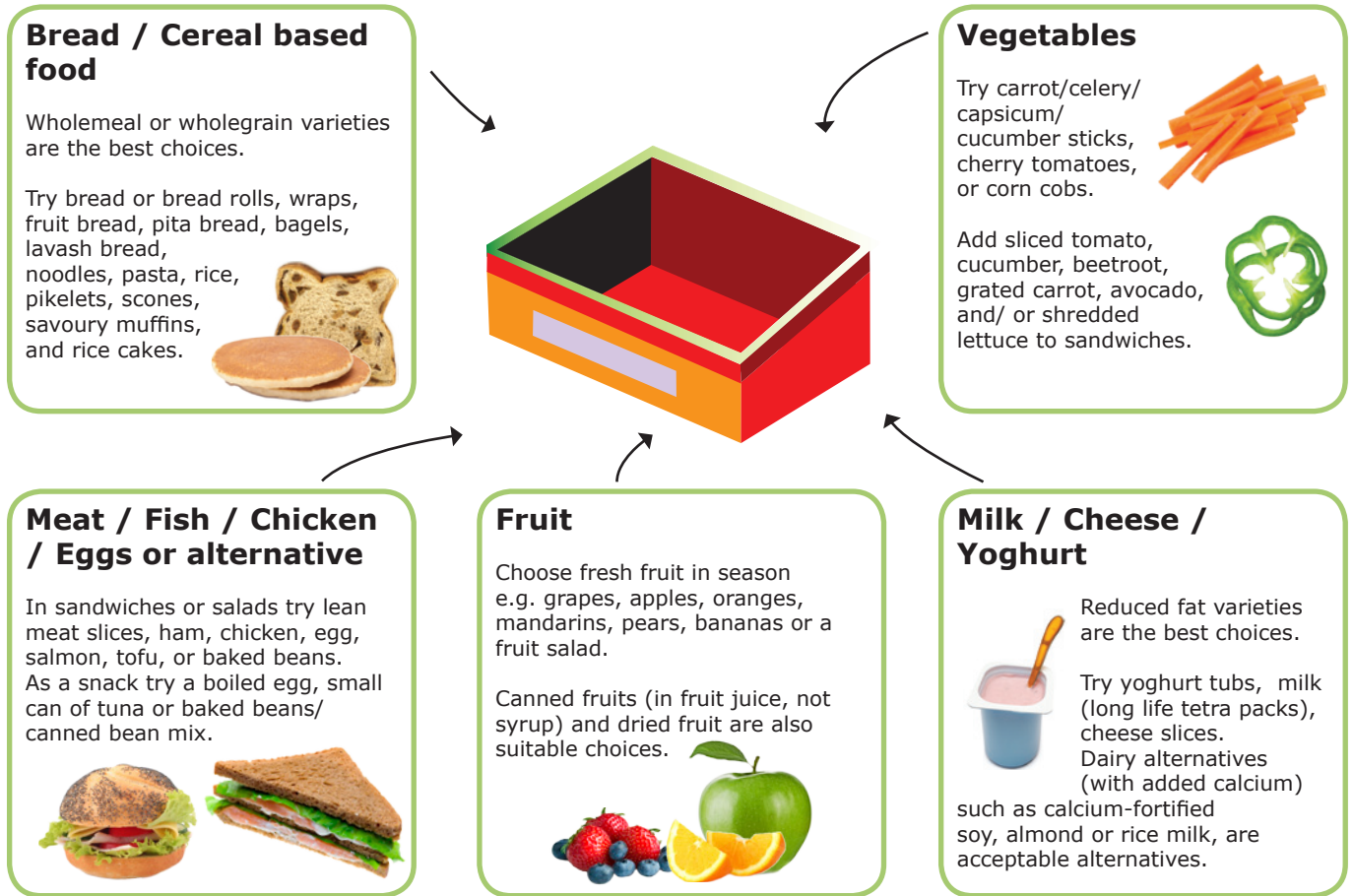


Healthy School Lunches

Healthy food at school is important for your child to learn, concentrate, and for their growth and physical activity. Packing a healthy lunchbox will help children develop life-long healthy eating habits. You may need to vary the amount of food you pack, depending on your child's age and appetite.

A healthy lunchbox includes food and drinks from these five food groups:



Keep lunches cold to prevent food from spoiling with:

- an insulated lunch bag, or
- frozen ice bricks, water or milk (long life tetra packs)



Water
Water is the best thirst quencher. Pack a bottle of tap water everyday.

Lunchbox ideas for school			
	Day One	Day Two	Day Three
Crunch & Sip break	Snack pack fruit salad (in natural juice) Water	Fresh fruit Water	Cherry tomatoes Carrot sticks Water
Recess	Crackers, vegetable sticks & cheese cubes Water	Fruit scone or raisin bread Water	Pikelets Yoghurt tub Water
Lunch	Egg & lettuce roll Water	Chicken & salad sandwich Milk (long life tetra packs)	Ham & salad wrap Fresh fruit Water

Nutrition Guidelines for pre-packaged snack foods

Some packaged foods are not a healthy choice, as they

- lack the healthy nutrients we need and
- are high in kilojoules, saturated “bad” fat, sugar and salt.

For a ‘better’ choice of pre-packaged snack foods (e.g. biscuits and cereal bars), use the snack guidelines below. Only include these snacks once or twice per week (at the most) in lunchboxes. For everyday snacks, see the lunchbox ideas over the page.

**These are the same guidelines used to determine which snack foods can be sold in school canteens*

How to use the Snack Guidelines

- Use the ‘sweet snacks’ OR ‘savory snacks’ guidelines below, based on the type of snack you are checking.
- Check the Nutrition Information Panel ‘per serve’ column on the packaging of the snack to determine whether the snack food meets the guidelines.
- A better snack food choice meets **all three** of the guidelines (see below).

Type of Snack	Energy	Saturated Fat	Fibre	Sodium
Sweet Snacks e.g. muesli bars, fruit bars, sweet biscuits	Less than 600kJ/serve	Less than 3g/serve	More than 1g/serve	
Savory Snacks e.g. savory biscuits, popcorn, rice based snacks	Less than 600kJ/serve	Less than 3g/serve		Less than 200mg/serve

Example Cereal Snack Bar - Use the Sweet Snacks Guidelines

Nutrition Information Panel		
Servings per pack: 1		
Serving size: 37g (1 bar)		
	Per serve ←	Per 100g
Energy	517kJ	1396kJ
Protein	1.2g	3.2g
Fat	1.1g	3.0g
Total Saturated	0.4g	1.2g
Carbohydrate		
Total	26.4g	71.4g
Sugars	14.3g	38.6g
Sodium	48mg	130mg
Fibre	1.2g ←	3.2g

Snacks must have **less than 600kJ/serve**

Snacks must have **less than 3g saturated fat/serve**

Savory snacks must have **less than 200mg sodium/serve**

Use the per serve column

Sweet snacks must have **more than 1g fibre/serve**