



Lunchbox builder – getting the children involved to develop positive healthy habits:

Name: _____

My favorite lunchbox foods:

Pick at least 1 vegetable and add 1 protein or 1 dairy option to your sandwich/wrap.

Check – are you using wholegrain or wholemeal bread?

- 1. Sandwich/wrap** with:
- | | Salad Vegetables | Protein | Dairy (RF*) | | |
|--------------------------|-------------------------|--------------------------|--------------------|--------------------------|----------------|
| <input type="checkbox"/> | Lettuce | <input type="checkbox"/> | Chicken | <input type="checkbox"/> | Tasty cheese |
| <input type="checkbox"/> | Tomato | <input type="checkbox"/> | Tuna | <input type="checkbox"/> | Cream cheese |
| <input type="checkbox"/> | Cucumber | <input type="checkbox"/> | Salmon | <input type="checkbox"/> | Cottage cheese |
| <input type="checkbox"/> | Avocado | <input type="checkbox"/> | Egg | | |
| <input type="checkbox"/> | Carrot | <input type="checkbox"/> | Ham | | |
| <input type="checkbox"/> | Beetroot | <input type="checkbox"/> | Roast beef | | |
| <input type="checkbox"/> | Tabbouleh | <input type="checkbox"/> | Turkey | | |

Other fillings I like are: _____

For added taste I like to add a **thin spread** of –

- | | | | | | | | |
|--------------------------|------------|--------------------------|------------|--------------------------|--------------|--------------------------|--------------|
| <input type="checkbox"/> | Hommos Dip | <input type="checkbox"/> | Mayonnaise | <input type="checkbox"/> | Tomato Salsa | <input type="checkbox"/> | Olive spread |
| <input type="checkbox"/> | Mustard | <input type="checkbox"/> | Chutney | <input type="checkbox"/> | Other | _____ | |

Or Use Left-overs:

- | | | | | | |
|--------------------------|-----------------|--------------------------|--------------------|--------------------------|---------------------------------|
| <input type="checkbox"/> | Chicken & rice | <input type="checkbox"/> | Stirfry & noodles | <input type="checkbox"/> | Pasta & bolognaise/veggie sauce |
| <input type="checkbox"/> | Home-made pizza | <input type="checkbox"/> | Schnitzel sandwich | <input type="checkbox"/> | Vegetable pancakes |

Other: _____

2. Add a Drink:

Freezing a small drink can help keep food cold and safe to eat at lunchtime without spoiling

- | | | | | | |
|--------------------------|---------------------|--------------------------|----------------|--------------------------|-----------------------|
| <input type="checkbox"/> | Water (best choice) | <input type="checkbox"/> | Flavoured Milk | <input type="checkbox"/> | Fruit juice (< 250ml) |
|--------------------------|---------------------|--------------------------|----------------|--------------------------|-----------------------|

***RF = Reduced fat**

3. Add a Piece of Fresh Fruit:

My favourite fruits are...

In Summer:

Mangoes Peaches Nectarines Bananas Berries

Other summer fruits I like _____

In Autumn

Pears Plums Kiwi fruit Apples

Other autumn fruits I like _____

In Winter:

Mandarins Navel Oranges Custard Apples Strawberries

Other winter fruits I like _____

In Spring:

Pineapple Rockmelon Bananas Melons

Other spring fruits I like _____

4. Add a Snack based on the 5 CORE Foods:

Select 1 or a combination of options below to make a healthy snack

1.Grains

Crackers
Bread
Popcorn

2.Dairy

Yoghurt
Cheese
Custard

3.Vegetables

Salad veg
Legumes/beans

4.Fruit

Fresh
Dried
Frozen
Canned/tubs

5.Protein Food

Chicken
Tuna
Turkey
Egg

My favorite core snacks are _____

Extra Snack – Add when there is extra planned activity:

Am I playing sport today or going to afterschool play group?

Do I need more energy to keep me going?

A few good ideas are:

Muesli bar (made with oats) Fruit bar Small wholemeal fruit muffin

My favourite extra snack when I need more energy or start feeling hungry is:

Great food → healthy kids → fabulous life...



Quick Checklist for My Healthy Lunchbox:

- Sandwich / wrap made with wholemeal / wholegrain bread
- Sandwich / wrap filling has at least one salad vegetable
- Left-overs has vegetables in it
- Frozen water bottle - keeps my lunch safe from spoilage
- Piece of fresh fruit
- A core food snack

For days when I am extra active:

- An extra snack