

LUNCHBOX PACKING GUIDE



Fill in this packing guide with your child to create a dedicated "map" that you can use each day when you fill your child's lunchbox

FRUIT

Cut up fruit works best for younger kids whilst older kids might like the convenience of whole fruit that they can grab and go

VEGETABLES

Eg cut up carrots, celery or capsicum. Salad added to a sandwich. Think outside the square and try adding vegetables to a smoothie or bake some black bean cup cakes

DAIRY OR DAIRY EQUIVALENTS

Eg cheese, plain milk, smoothie, yoghurt

Don't forget to pack a bottle of water and pack your lunchbox in an insulated bag if the weather is hot!

PROTEIN FOODS

Eg eggs, nitrate free ham, chicken breast, dairy foods also count as a source of protein, seeds, legumes and lentils

WHOLEGRAINS

Eg wholegrain bread or crackers

SNACK IDEAS

Buy: eg raisin toast, 100% dried fruit leathert

Make: E.g Coco cranberry bliss balls (recipe on website), black bean cupcakes, muesli cookies