


Please make sure that all packed lunches are balanced and healthy

Pack your child a **HEALTHY LUNCH BOX**

Choose a variety of foods from each food group




Fruit +




Vegetables +




Dairy +




Wholegrains +



Lean meat & alternatives =




A Healthy Lunch Box



MAKE WATER YOUR DRINK



PACK ICE BRICKS TO KEEP FOOD COOL

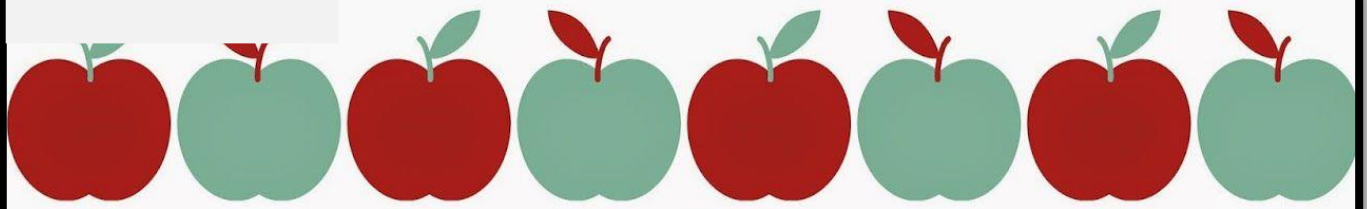


USE A THERMOS TO KEEP FOOD WARM



NSW Health

This resource was developed and designed by the Health Promotion Branch, Western Sydney Local Health District, with consultation by South Eastern Sydney Local Health District and St George Sutherland Local Health District.



PACK A LUNCH

GRAIN

Sandwiches
Bagel
Pasta (Salad)
Mini Muffins
Leftovers
Rice
Wraps or Tortillas
Roll/Slice of Bread
Crackers
Cereal or Granola Bar

FUN ITEMS

Pretzels

Fruit Snacks
Cookies

Marshmallows
Jello or Pudding

PROTEIN

Hard-Boiled Egg

Hot Dog

Meat Kabobs
Tuna
Chicken Strips
Black Beans
Meat Roll-Ups
Meat & Cheese Wrap

DAIRY

Yogurt
Cheese Stick/Cubes
Yogurt Drink
Yogurt Tube
Milk

VEGGIES

Carrots & Dip
Olives
Cucumber Slices
Pepper Slices
Celery
Peas or Corn
Salsa
Lettuce or Greens
Broccoli & Cauliflower

FRUIT

Sliced Fruit
Fruit Pouches
Fruit Leather
Applesauce
Dried Fruit
Fruit & Dip
Piece of Fruit
Fruit Juice

