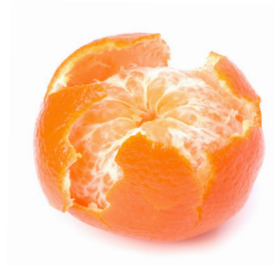
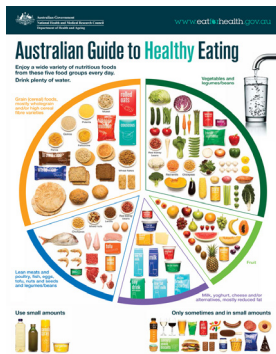


What to Pack for Lunch

Ideas for school and care



Use different types of food from each of the food groups:

- bread, cereal, rice and pasta
- vegetables
- fruit
- meat, chicken, fish, eggs, lentils and beans
- milk, cheese, yoghurt.

Pack a main lunch like:

- a sandwich or
- leftovers from dinner or
- home made food like vegetable and egg slice.

Pack fruit like:

- a whole piece like an apple or mandarin
- cut up fruit like kiwi fruit, strawberries or melon.

Pack vegetables like:

- cut up like cherry tomatoes, snow peas, cucumber or capsicum
- cold roast vegetables like sweet potato, pumpkin and zucchini.



Pack snacks like:

- slices of cheese and wholegrain crackers
- boiled egg
- fruit bread from supermarket
- fruit and yoghurt.



Try to leave out foods like lollies, chips, sweet biscuits and chocolate.



Pack a water bottle.



Put in freezer brick to keep food cold and safe to eat.



Pack the amount of food your child will eat.