

# Move Well Eat Well

## Lunchbox and snack ideas

Try these tasty 'everyday' lunchbox and snack ideas for your family



PLANT  
**FRUIT & VEG**  
IN YOUR  
LUNCHBOX



Grapes



Mandarins  
and oranges



Cherry  
tomatoes



Banana



Snow peas

## Choose 'everyday' foods

- Foods from the five food groups are called 'everyday' foods. These are:
  - Vegetables
  - Fruit
  - Grain (cereal) foods
  - Lean meats and alternatives (including eggs, tofu, legumes and beans, nuts and seeds\*)
  - Milk, yoghurt, cheese and alternatives.
- Offer a range of these foods every day.

*\*Check your childcare or school policy.*

## Eat a rainbow of fruits and vegetables

- Eating a rainbow means eating lots of different coloured fruits and vegetables.
- This helps our bodies to get all the nutrients they need to stay healthy.
- Enjoy a rainbow of colours as often as possible.
- Try red, orange, yellow, purple, green, white and brown ...

## Top tips for choosing fruit and vegetables

- If you can, buy fresh fruit and vegetables locally and in season. This is often cheaper!
- Other great options include:
  - Frozen fruit or vegetables
  - Fruit tinned in fruit juice (without added sugar)
  - Vegetables tinned (without added salt).



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