

Move Well Eat Well

Lunchbox and snack ideas

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



Cheese and biscuits



Leftovers



Snack 'plate' of meatballs and vegetables



Fruit bread



Fruit salad



PLANT
FRUIT & VEG
IN YOUR
LUNCHBOX

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.*

What does nude food mean?

- Nude food is food brought to school or childcare in reusable packaging.
- A nude food lunchbox means there won't be any rubbish except for uneaten scraps and fruit peels, cores or pips.
- Nude food can be cheaper and is better for the environment.

A
great way
to include
everyday foods
is with
nude food!

Where to start

- Look for foods with less packaging in the supermarket or look for shops where you can buy food without packaging.
- Fruit and vegetables don't usually need packaging. Choose options without any extra plastic if possible.
- It can be helpful to have a few different sizes of reuseable containers. You can buy these cheaply in supermarkets, dollar shops or even second hand shops.
- Buy the foods you would usually buy in larger volumes and divide into smaller portions.



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