

Move Well Eat Well

Lunchbox and snack ideas

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



Cheese on biscuits



Cherry tomatoes and snow peas



Vegetable pizza



Fruit salad



Boiled egg



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 about packing lunches with reusable packaging, using small washable containers, beeswax wraps or reusable food bags. It can save money and is more environmentally friendly.

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

Where to start

- Buy the products you would usually buy in larger volumes and pack in smaller containers.
- Look for foods with less packaging in the supermarket.
- Fruit and vegetables are a great place to start as many of these come in their own packaging.



movewelleatwell.tas.gov.au



Like us



(03) 6166 0617