



**Tasmania**  
**triathlon**  
SWIM - BIKE - RUN  
Schools Challenge

# LUNCH BOX TIPS!

## Lunch Box Ideas

School mornings are busy enough without the daily dilemma of what to pack in the lunch box.

Here are some ideas for creating healthy, balanced, tasty and easy lunch boxes.

TIP! Get it ready the night before!

TIP! Keep it cool. Freeze a yoghurt, the fruit or drink to help keep everything cool on warmer days.

TIP! Aim to add at least two veggies to your lunch boxes.



## Fill up with fibre and wholegrains

Reduce the chance of sandwiches returning untouched by keeping them interesting.

Choose wholegrain or high in fibre wherever possible.

Try mixing it up by using wraps, flat breads, pita pockets, grainy rolls, crisp breads, bagels and high fibre white loaves.

Otherwise, switch a sandwich for a salad and add brown rice, wholemeal pasta or a different grain such as quinoa or cous cous.

## Satisfy with protein

Meat, cheese, eggs, fish or beans are great sources of protein and an important part of any lunch to help with feeling full.

Foods rich in protein also supply other essential nutrients such as calcium, iron magnesium and omega 3 fats.

Add them into sandwiches or salads or add cheese sticks/portions, flavoured milk poppers or yoghurt pouches for a snack.





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## Keep it fresh

Whilst not always a favourite, fruit and veg are essential to a well-balanced lunch box.

They provide filling fibre and important vitamin and minerals without overdoing energy (kilojoules) Any veggie is a good option. Pick a favourite and vary the ways you serve it.

Try grating or using a peeler to create ribbons to add to sandwich fillings or salad.

Shred lettuce varieties or cabbage to add extra crunch to sandwiches and wraps.

Pop in veggies sticks as 'bites'. This doesn't have to be limited to carrots or celery - try cucumber, beans, snow peas and cherry tomatoes as they are all great to munch on!

Using a veggie 'spiraller' or noodle maker for salads can add an element of fun too! Zucchini, beetroot and carrot are great for this.

Add roasted vegetables to a salad mix or to a bigger element such as a frittata.

Fresh whole pieces of fruit are a quick and easy lunch box item. Get creative if fruit usually meets with resistance – try leaving a little message written on the banana skin!

Peel and chop a variety of fruit for a fresh fruit salad with yoghurt or simply squeeze over a little lemon juice to prevent the cut fruit from going brown. Alternatively try including fruit which already comes in bite size pieces- grapes, cherries or berries.

Try rotating fresh fruit with dried fruit, fruit tubs in natural juice, chop fresh or frozen fruit and mix through some yoghurt or bake into some high fibre muffins.

## Snack smart

Growing and active kids need to have something to eat every few hours and also healthy in-between meal snacks to help boost their energy and brain power, which helps them maintain focus in class or on whatever they are doing, including sports. Ideal snacks for kids include reduced fat dairy and fresh fruit. Packaged items are an easy option and there are some healthy options but try to stick to one packaged snack per day if you can as they can add lots of sugar and salt without you realising it.

The best options are those high in fibre or wholegrains such as some muesli bars, along with reduced fat dairy based snacks. Look for those that, per serve, have less than 600kJ, 3-5g protein and contain wholegrains or calcium and are low GI.

