

Ideas to increase Essential Food Groups in the Lunchbox

Milk Products



MILK, YOGURT, CHEESE

- | | |
|---|--|
| <ul style="list-style-type: none"> ◆ Cheese cubes in salad ◆ Grated or sliced cheese in sandwiches ◆ Yoghurt ◆ Custard ◆ Creamed rice ◆ Junket or flummeries ◆ Fruit smoothie (home-made in flasks or store-bought) ◆ Full cream milk powder in soups ◆ Milk or cheese sauces with meals | <ul style="list-style-type: none"> ◆ Milkshakes (home-made in flasks) ◆ Flavoured milk ◆ Frozen yoghurt ◆ Yoghurt based dips ◆ Milk, yoghurt and/or cheese added to quiches, savoury muffins, etc ◆ UHT milk containers ◆ Cheese slices or cheese sticks ◆ Use yoghurt to bind sandwich fillings, eg: tuna or chopped chicken with grated vegies |
|---|--|

Meat and Meat Alternatives



MEAT, FISH, POULTRY, EGGS, NUTS, LEGUMES.

- | | |
|---|---|
| <ul style="list-style-type: none"> ◆ Left over meat balls or rissoles ◆ In stir-fries, curries and leftovers ◆ Small tin of baked beans ◆ Quiche or pie fillings ◆ Hard boiled eggs ◆ Small tin of tuna or sardines ◆ Chicken drumstick ◆ Mini quiche ◆ Hommus- as a dip or spread ◆ Savoury slices made with egg | <ul style="list-style-type: none"> ◆ Sandwich fillings, eg: sliced roast meats, cooked chopped chicken, tuna, egg, ham, leftover stew or savoury mince and cheese (for toasting) ◆ Tuna or salmon pasta bake ◆ Minestrone soup containing legumes ◆ Lentil burgers ◆ Tuna or salmon patties ◆ Peanut butter or other nut pastes ◆ Ham rolled up into fingers with cheese in the middle |
|---|---|

Vegetables





VEGETABLES, LEGUMES

- | | |
|--|---|
| <ul style="list-style-type: none"> ◆ Vegetable sticks with or without dips such as salsa, hommus and/or yogurt based dips- carrot, capsicum, celery, cucumber sticks ◆ Cherry tomatoes ◆ Salad in special container ◆ Vegetable slice ◆ Vegetable quiche, muffins, pikelets | <ul style="list-style-type: none"> ◆ Vegetables in soups ◆ Salad items in sandwiches, eg: grated carrot, cucumber, chopped celery ◆ Coleslaw salad ◆ Potato salad ◆ Celery boats filled with peanut butter, cream cheese, etc ◆ Snow peas |
|--|---|

- ☺ Turn over for ideas for fruit, breads and cereals and 'not recommended foods'.
- ☺ Refer to the TasteBuds 'Lunchbox Checklist' for number of serves from each group required for a 1-5 year old for an 8 hour period.

Ideas to increase Essential Food Groups in the Lunchbox

<h3 style="margin: 0;">Fruit</h3>  <p style="text-align: center; margin: 0;">FRUIT</p>	
<ul style="list-style-type: none"> ◆ Variety of fresh fruit when in season ◆ Fruit salad ◆ Tinned fruit ◆ Melon balls ◆ Stewed fruit ◆ Fruit in muffins, cakes, scones, pikelets ◆ Fruit kebabs (icy-pole stick may be safer. Need to strictly supervise.) 	<ul style="list-style-type: none"> ◆ Special containers containing cut up pieces of fruit and berries ◆ Dried fruit ◆ Frozen fruit (defrost for under 3's) ◆ Fruit in jelly ◆ Fruit smoothies ◆ Fruit and yoghurt

<h3 style="margin: 0;">Bread and Cereals</h3>  <p style="text-align: center; margin: 0;">BREAD, CEREALS, RICE, PASTA, NOODLES</p>	
<ul style="list-style-type: none"> ◆ Variety of breads e.g. whole meal, Turkish, pita, rolls, mountain ◆ Muffins- English-style or fruit ◆ Dry crackers or crispbread ◆ Pasta salad ◆ Fried rice ◆ Rice salad ◆ Pasta or noodle dishes ◆ Leftover stir fries with rice or noodles ◆ Pin wheel sandwiches ◆ Damper ◆ Pizza muffins ◆ Air dried noodles ◆ Savoury scrolls 	<ul style="list-style-type: none"> ◆ Rice cakes or corn thins ◆ Cheese, herb or custard scrolls ◆ Pikelets ◆ Creamed rice ◆ Muesli biscuits ◆ Rock cakes ◆ Crumpets ◆ Pancake ◆ Weetbix with fruit spread/ ricotta/ yoghurt/ banana ◆ Fruit bread ◆ Fruit bun ◆ Scones ◆ Bread custard ◆ Mini Wheats, Fruity Bites (breakfast cereals) ◆ Banana or carrot cake

Ideas to reduce 'not recommended' foods in the lunchbox

<h3 style="margin: 0;">Not Recommended Foods</h3>	
<p>Too high in fat, sugar and/or salt</p> <ul style="list-style-type: none"> ◆ chips, crisps, corn chips, chocolate bars, chocolate biscuits, donuts, cream cakes <p>Too high in sugar and can contribute to tooth decay</p> <ul style="list-style-type: none"> ◆ lollies, sticky fruit bars, sticky breakfast bars, muesli bars, sports drinks, soft drinks, cordials, fruit drinks 	<p>Choking hazards (care should be taken with these, especially for under 3's)</p> <ul style="list-style-type: none"> ◆ nuts, corn chips, popcorn, lollies, seeds, raisins, pieces of whole raw carrot and apple, whole grapes, dry hard biscuits, hot dogs