FOR A HEALTHY LUNCHBOX
SOMETHING FROM EACH GROUP 1-6!

1. FRUIT
2. VEGETABLES
3. MILK, YOGHURT AND CHEESE
4. MEAT OR MEAT ALTERNATIVE
5. GRAIN AND CEREAL FOOD
6. WATER

Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.
### For a Healthy Lunchbox

#### Pick & Mix

**Fruit**
- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

**Fruit Salad**
- Fruit salad
- Fruit kebabs

**Mixed Fruit**
- Fruit salad
- Fruit kebabs

**Dried Fruit**
- Dried fruit, nut, popcorn mixes*

**Tinned Fruit/Snack Packs/Cups**
- In natural juice (not syrup)

**Vegetables**
- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

**Can serve with either:**
- Hommus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

**Salads**
- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad*

**Baked Items**
- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Puff pastry

**Soup** (In small thermos)
- Pumpkin soup
- Potato and leak soup
- Chicken and corn soup

**Milk, Yoghurt and Cheese**
- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

**Can serve with:**
- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

**Tip:** Freeze the night before to keep cool during the day

**Meat or Meat Alternative**
- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silverside, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hommus dip
- Lean meat or chicken kebab sticks
- Peanut butter*

**Can serve with:**
- Wholemeal sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholemeal wheat crackers
- Side salad
- Vegetable frittata
- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

**Grain and Cereal Food**
- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

**Tip:** Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, focaccias, fruit bread and English muffins.

**Waters**
- Take a water bottle (for refilling throughout the day)

**Tip:** Freeze overnight to keep foods cool in lunchboxes

**Sweet and Savory Snack Foods**
- Muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices

**Soy Sweetened Drinks and Confectionery**
- No provision in lunchboxes. They can lead to excess energy intake and tooth decay.

For more information about healthy eating and for many tasty recipes, visit the Healthy Eating Advisory Service: [http://heas.health.vic.gov.au/](http://heas.health.vic.gov.au/)

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*Check your school’s policy regarding the use of nuts and products containing nuts.*