

PACKING HEALTHIER LUNCHBOXES

Our school is committed to supporting all children to live healthy and happy lives. By encouraging children to eat healthy everyday foods at school, together we can make a big difference to a child's health and their ability to learn.

Why lunchboxes?



1/3

Of a child's dietary intake occurs at school.



GOOD NUTRITION

Improves behaviour and concentration in the classroom.



EVERYDAY FOODS

Give children energy to play, grow and learn.

However



ONLY 5%

Of primary school aged children eat enough vegetables daily.



ALMOST 1/2

Of children's lunchboxes are made up of sometimes foods e.g. chips, muffins, muesli bars.



1 IN 4

Australian children are above a healthy weight.

What does a healthy lunchbox look like?

A healthy lunchbox, full of everyday foods, includes:



Veg & Fruit Break:
Vegetables or a piece of fruit.

Recess:
Vegetables or a piece of fruit + 1-2 everyday snacks.

Lunch:
A meal made with everyday foods, such as a sandwich, wrap, salad, pasta or rice dish.

Drink:
Water and/or reduced fat plain milk.



How to make easy everyday swaps

Making just one swap from a sometimes food or drink to an everyday option supports your child to learn in the classroom and play in the playground. Try some of these simple swaps below*:

SAVOURY SWAPS

SWAP FROM



Sometimes Foods

Savoury biscuits, potato chips, pretzels, cheese and bacon roll, two-minute noodles, cracker and cheese dips, breakfast bars, jerky, samosa



SWAP TO



Everyday Foods

Plain popcorn, rice cakes, rice wheels, crispbreads, vegetable-based dips, hummus, vegetable sticks, roasted fava beans, pumpkin or sunflower seeds, boiled eggs, reduced fat cheese, plain crackers, edamame beans, baked beans



SWEET SWAPS

SWAP FROM



Sometimes Foods

Chocolate coated biscuits, cookies, chocolate bars, cereal bars, muffins, cake, cupcakes, dairy dessert, jelly, muesli bars, baklava, fruit roll up



SWAP TO



Everyday Foods

Reduced fat plain or fruit yoghurt, pikelets, wholegrain breakfast cereal, fresh fruit, tinned fruit in natural juice, dried fruit (in small serves only), fruit bread, reduced fat custard



WHAT ABOUT DRINKS?

SWAP FROM



Sometimes Foods



Flavoured water, ice tea, sports drinks, energy drinks, coconut water, cordial, soft drink (e.g. cola), fruit juice



SWAP TO



Everyday Foods



Water, reduced fat milk, calcium fortified unsweetened milk alternative

*The information provided in these guidelines may not meet individual health, nutritional or medical requirements and should only be used as a guide.

How does our school support the packing of healthy lunchboxes?

Our school supports the packing of healthy lunchboxes by:

- Providing information to new families at the Kinder orientation;
- Including information for parents in the newsletter and school mobile app;
- Modelling the eating of everyday foods by our staff;
- Providing student learning experiences targeting health and nutrition;
- Linking with reliable organisations to provide healthy lunchbox ideas and support;
- Supporting teacher learning in relation to health and nutrition;
- Ensuring that no child misses out on fruit, vegetables or lunch.

For more information on healthy lunchboxes visit www.swapit.net.au

