



Healthy lunch box ideas for kids

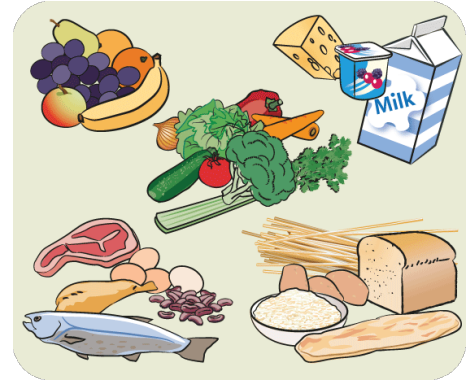
Healthy lunch boxes for child care, preschool or school



When you're food shopping, buy enough healthy food to make your child's lunches for the week. This makes it easier to come up with healthy lunch ideas each day.



Let your child choose food for their lunch. Your child is more likely to eat food they've chosen themselves. Packing the night before gives your child time to choose carefully.



A healthy lunch includes foods from each of the [5 food groups](#). This gives your child the energy and nutrients they need to grow, learn, play and stay healthy.

Colourful, environmentally friendly and healthy lunch box ideas



Aim for a 'rainbow' of different-coloured fruits and vegetables in your child's lunch box. This gives your child more chances to get all the nutrients they need.



Pack fresh foods with minimal packaging. Try reusable containers, pockets and wraps. They're better for the environment and easier for kids to open and handle.

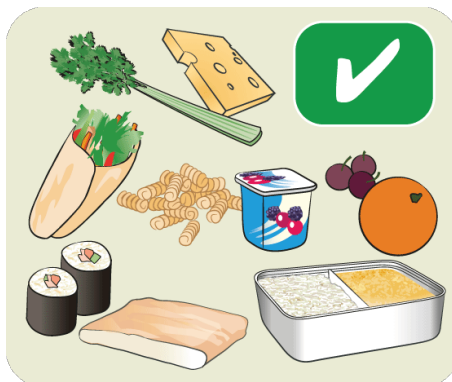


Tap water is the best drink for your child. Send a refillable water bottle with your child each day. Avoid sugary drinks like fruit juice, soft drinks and flavoured milk.

Safe, interesting and healthy lunch box ideas



Keep food cold until you pack it. Add a frozen water bottle or use an insulated lunch bag to keep food cool. Check whether [allergy-causing foods](#) like nuts should stay at home.



Try options like sushi, salads, pasta, rice and noodles. A variety of sandwich or wrap fillings can keep your child interested too. Check out [tasty and healthy lunch ideas](#).



Avoid packing 'sometimes' foods like chips, cakes, biscuits and chocolate. These foods aren't healthy choices. They're high in saturated fats, sugar and salt.