

Healthy lunch box checklist

Is there a food from each of these groups in your lunch box every day?

Bread

Bread roll, a slice of bread, pita bread, flat bread, fruit loaf, scones, rice cakes, pikelets, crispbread, crackers, noodles, rice, pasta

Lean Meats

Ham, chicken, tuna, salmon, eggs, baked beans, lentils

Fresh Fruit

Banana, grapes, small apples, plums, mandarins, apricots, chopped fruit salad or tinned fruit in natural juice (e.g. tinned peaches, pears)

Vegetables

Shredded lettuce or grated carrot in a sandwich, veggie sticks (e.g. carrot, celery) or in a salad (e.g. cherry tomatoes, cucumber, capsicum, green beans or corn)

Dairy Products

Fruit yogurt, cheese stick, cheese slices, custard, milk, calcium fortified soy milk or other calcium fortified soy products

Drinks

Water and/or Fruit Juice



Keep lunches cold by freezing drinks or storing in an insulated lunch box bag.