

Healthy lunchbox ideas!

Paula's Preschool supports the Heart Foundation through healthy food choices. Did you know that a diet high in sugars and fats can affect the way children behave? Here are some healthy and tasty lunchbox ideas that we recommend as a healthy and nutritious alternative to high-sugar and high-fat foods.

Grains (recommended 6+ a day)

- Sandwiches (in bread, buns or wraps)
- Cheese and ham toasties or quesadillas
- Pasta (left over from dinner or fresh)
- Homemade veggie and meat pizza
- Rice crackers (with or without toppings/dips)
- Popcorn (for over 3 year olds)
- Pretzels
- Muesli bars
- Mini muffins

Dairy

- Yoghurt (in pottles, homemade mixed with fruit, or Natural/Greek for lower sugar alternative)
- Cheese (in slices, sticks, cubes or grated)
- Cream cheese or cottage cheese (as a spread on crackers, vegetable sticks or sandwiches)

Fruit + vegetables (recommended 5+ a day)

- Berries
- Carrot sticks
- Apple slices
- Bananas
- Mandarin/ Orange slices
- Kiwi fruit
- Veggie sticks with hummus (such as carrots, celery, capsicum, cucumber etc)
- Dried fruits
- Cherry tomatoes
- Homemade Fruit salad
- Left over vegetables
- Roast vegetables
- Melons
- Grapes
- Fruit kebabs

Protein

- Last night's dinner
- Tinned tuna
- Boiled eggs
- Quiche
- Cold meat (from the deli or leftover from dinner)
- Egg sandwiches
- Salami
- Chicken nibbles
- Baked beans

Handy Tips:

Get your kids involved: Ask your children to help pack their lunch or choose some of the options on this list. Highlight each new food if they like them. Let them add to the list with their own healthy ideas.

Veggies: Vegetables contain less sugar than fruit, so try different veggies each day. Cut them into different ways - sliced, cubed, grated, rings etc. Give your children hummus or other dips to eat with their veggies. Hide grated veggies in meals when cooking.

Treats

- Blueberry or banana muffins
- Muesli bars
- Homemade baking
- Veggie Crisps