

Lunch boxes



What to pack

Crunch & Sip

- › Pack some veggies or fruit and water for a quick snack



Drink

- › Always pack water
- › Reduced-fat plain milk

Morning tea

- › Fresh fruit
- › Wholegrain crackers with cheese
- › Yoghurt tubs
- › Homemade muffins
- › Air-popped corn
- › Boiled egg

Lunch

- › Sandwiches and wraps with lean meats and salad fillings
- › Veggie sticks, hummus and tzatziki
- › Leftovers such as pasta, rice or noodles

Tips

- ✓ Keep it simple
- ✓ Include some veggies
- ✓ Get kids to help pack their lunch box
- ✓ Use leftovers
- ✓ Plan ahead to save time
- ✓ Pack an icepack to keep it cool

Low-waste lunch ideas



Check your service or school policy when packing foods like eggs, nuts and other high-allergen foods.



For more ideas on what to put in a lunchbox, visit the Cancer Council's Healthy Lunch Box Builder at: healthylunchbox.com.au

Illawarra Shoalhaven Local Health District, 2023.



Healthy Eating
Active Living

