



STARTING BIG SCHOOL



Growing bodies and minds need fuel to learn.

Give your child the best start to life by filling their lunchbox with healthy snacks and drinks.

TIPS FOR HEALTHY SNACKS



- **Be a positive role model.**

Help your child learn to eat healthy snacks by eating them with your child.



- **Keep healthy snacks in the fridge and pantry at home.**

If the right foods are there and in reach, they are more likely to be eaten.



- **Choose snacks including:**

- fruit
- vegetables
- milk, cheese, custard and yoghurt
- high fibre or wholegrain breads, crackers and cereals.

HEALTHY SNACKS IDEAS



Fresh veggies - chopped or whole



Fresh fruit - chopped or whole



Hummus with veggie sticks or pita bread



Cheese and wholegrain crackers



Plain yoghurt



Plain milk



Mini veggie quiche



Popcorn (plain, air-popped)



Hard-boiled egg



LITTLE FINGERS NEED HELP

Opening food containers and packaging can be a real challenge for kindergarteners. It is a good idea to help your child practise doing this before they start school.

Make it fun by going on a lunchbox picnic. Children can try out healthy snacks and practise opening their lunchboxes and food containers.



WHAT IS CRUNCH & SIP?

Crunch & Sip is when children eat vegetables or fruit and drink water during class time. It gives them a chance to refuel and helps concentration.

Less than 2% of children eat enough veggies so use Crunch & Sip to get more veggies into your child's day.

**HOW MANY
SERVES A DAY
OF VEG SHOULD
MY CHILD BE
EATING?**

Age	Boys	Girls
2 to 3 yrs	2.5	2.5
4 to 8 yrs	4.5	4.5

1 serve = ½ cup cooked veg or
1 cup raw veg and leafy greens

CRUNCH & SIP COULD LOOK LIKE...



Cucumber,
carrot or
celery sticks



Broccoli
florets



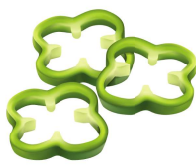
Snap or
snow peas



Cherry
tomatoes



Mini
cucumbers



Capsicum

QUICK TIPS



Start slow

Pack a vegetable that your child enjoys one day a week and build up from there.

Pre-prepare

Chop veggies at the start of the week, store in airtight containers to grab and go.

Get creative

Pack veggies according to colour and let your child choose or pack the rainbow!

Let them choose

Take your child grocery shopping and allow them to choose their veggies.

Involve them

Let your child help and get their input with the preparation of veggies.

Keep fruit

Pack fruit for recess and have for afternoon tea.



WATER BOTTLES

Water is free, fresh and refillable:

- Look for metal or BPA-free.
- Buy one that is leak proof, easy to clean and dishwasher safe.
- Make sure the bottle is an age-appropriate size.
- Get your child to practise filling the bottle at home.
- Label your child's bottle.



This information
has been tested
with Consumers



Health
Illawarra Shoalhaven
Local Health District