

Fact Sheet

(CHS_FS_GNA_032)

Healthy Lunches and Snack Ideas

What to send in children's lunch boxes is an ongoing challenge. As children spend a big part of the day at school it is important that they have nutritious meals and snacks to consume.

- ✓ Fill lunchboxes with tasty and nutritious foods
- ✓ Teach children how to make healthy tuckshop choices
- ✓ Choose tasty and nutritious after school snacks
- ✓ Involve children in food preparation and food selection

School Lunches

- Meat and Salad Sandwich /Wraps
- Pinwheel Sandwiches filled with
- Ham / Lettuce Or Egg / lettuce
- Leftovers
- Hommus / cheese spread with Vegetable Sticks and Pita Bread
- Boiled/Baked Potato + cheese
- Small tin Baked beans/Spaghetti
- Tinned tuna & crackers

Lunch Box Fillers

- Cheese Sticks/Slices
- Fresh/Dried Fruit
- Breakfast Bars
- Fruitcakes/fruit bread
- Foccacia
- Homemade Muffins/Pikelets/Biscuits
- Juice Poppers/water
- Milk poppers
- Yoghurt/diary desserts

Hints for Healthy Snacking

- ✓ Snacks should include mainly breads and cereals, diary foods, fruits and vegetables.
- ✓ Snacks are best (2 hours before meals).
- ✓ Discourage snacking outside these times.
- ✓ Be creative when presenting foods (dress up vegetables and fruits, cut into fancy shapes).

Better Tuckshop Choices

- Milk drinks
- Fresh/Dried Fruit
- Yoghurt
- Sandwiches/salad rolls
- Quiches/mini pizzas/nachos
- Salad+ meat/cheese/egg/tuna, etc.
- Fruit Drinks
- Water ice-blocks

After School Snacks

- Fruit smoothie
- Low fat yoghurt/custard and fruit salad
- Grilled low fat cheese on toast
- Jaffles filled with Baked beans and Cheese
- Dried fruit and nuts
- Fruit Bread
- Fresh Fruit
- Low fat cheese and Crackers
- Cereal and milk
- Fruit juice iceblocks
- Pretzels
- Frozen yoghurt
- Homemade popcorn

Source: Royal Children's Hospital Department of Nutrition and Dietetics
Last Updated: January 2005
Review Date: January 2007

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Useful Websites

Nutrition Australia

www.nutritionaustralia.org/Nutrition_for_all_ages/children/lunch_ideas_fs.asp

Woolworths

www.woolworths.com.au/dietinfo/rsa11.asp

Qld Health

www.health.qld.gov.au/brochure/school_lunch.asp

References

Australian Dairy Corporation, (2002) healthy family recipes for growing kids.

Royal Children's Hospital & Health Service District, (2003) Healthy Eating and Diabetes – an information guide, Queensland Health.

Whats for lunch?, URL

www.nutritionaustralia.org/Nutrition_for_all_ages/children/lunch_ideas_fs.asp Accessed 27/01/04

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Review Date: January 2007