

Move Well Eat Well

Lunchbox and snack ideas

Try these tasty 'everyday' lunchbox and snack ideas for your family



Corn on the cob



Tuna and salad wrap



Plain pikelets



Yoghurt and fruit



Vegetable sticks and dip



**LIMIT
'SOMETIMES'
FOODS**

Choose 'everyday' foods

- Foods from the five food groups are called 'everyday' foods. These are:
 - Vegetables
 - Fruit
 - Grain (cereal) foods
 - Lean meats and alternatives (including eggs, tofu, legumes and beans, nuts and seeds*)
 - Milk, yoghurt, cheese and alternatives.

Offer a range of these foods every day.

**Check your childcare or school policy*

What are 'sometimes' foods and drinks?

- Choices that don't fit into the five food groups are called 'sometimes' foods and drinks
- These foods should only be offered sometimes and in small amounts
- These choices are higher in sugar, salt and saturated fat and are not needed for good health
- 'Sometimes' foods include chocolate, lollies, biscuits, cakes, fried food, pastries and ice-cream
- 'Sometimes' drinks include fruit drinks, soft drinks, cordial, sports drinks, energy drinks and flavoured water.



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