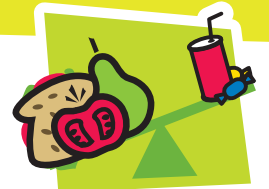


# Move Well Eat Well

## Lunchbox and snack ideas

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



**LIMIT  
'SOMETIMES'  
FOODS**



Flatbread  
(such as injera)



Vegetable  
sticks and dip



Tuna and  
salad wrap



Yoghurt  
and fruit



Chicken and  
vegetable stir-fry

## 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?

- 'Sometimes' food and drinks are those that don't fit into the five food groups.
- These foods can be enjoyed sometimes and in small amounts.
- These choices are higher in sugar, salt and saturated fat and are not needed for good health.
- Offering a wide range of foods at home and talking about foods we eat and enjoy every day and foods we eat and enjoy sometimes, can help children learn to enjoy all types of foods and understand balance.
- Examples of 'sometimes' foods include chocolate, lollies, biscuits, cakes, fried food, pastries and ice cream.
- Examples of 'sometimes' drinks include fruit drinks, soft drinks, cordial, sports drinks, energy drinks and flavoured water.



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