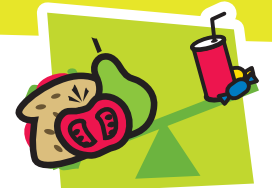


Move Well Eat Well

Lunchbox and snack ideas



**LIMIT
'SOMETIMES'
FOODS**

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



Spaghetti bolognese



Rice dish
(such as fried rice)



Baked beans



Curry and rice



Soup

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.
- Leftovers from family meals that include a range of these foods are great lunchbox options.

**Check your childcare or school policy.*

Keeping food safe

- Pack food in clean containers.
- Keep food cold by:
 - Using an insulated lunchbox and packing an ice brick or frozen water bottle
 - Keeping food in the fridge until leaving for school.
- Keep food hot by:
 - Using an insulated food container, like a Thermos and making sure it is heated properly
 - Making sure food is steaming hot when it is put into the container.
- At school, store bags out of the sun.
- Throw away any non-packaged leftovers at the end of the school day.
- Wipe lunchbox clean with a hot cloth regularly.



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