

# Move Well Eat Well

## Lunchbox and snack ideas

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



Vegetables and cheese



Falafel



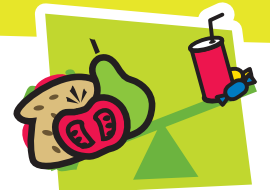
Dumplings



Sushi



Flatbread (such as bolani) with 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.*

## Lunchbox tips to help the transition to kindergarten

- Use lunchboxes, containers and drink bottles that are easy to open and close.
- Do a test run at home before school starts to make sure your child can do it themself.
- Pack food that is easy to eat – peel oranges or mandarins, cut sandwiches into quarters or spoon yoghurt into a small container.
- Pack foods that your child already enjoys eating at home and which are easy for you.
- Keep food safe by keeping it cold using an insulated lunchbox or bag and a frozen ice brick or drink bottle.
- Check with your school about any foods that shouldn't be packed for allergy reasons.



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(03) 6166 0617