



Balance the box



Help kids to **go**, **grow** and **glow** by including food from each food group in the lunchbox.



Go foods

for energy

1

Grain foods

- Wholegrain breads and rolls
- Wraps and pita pockets
- Focaccias and Turkish bread
- Fruit bread
- English muffin
- Pasta, noodles and rice
- Quinoa and cous cous
- Wholegrain crispbreads and crackers
- Bagels

2

Vegetables

- Cherry tomatoes
- Celery, capsicum, cucumber or carrot sticks
- Corn cob and baby corn spears
- Green beans, snow peas and sugar snap peas
- Mixed lettuce
- Leftover cooked vegetables
- Lentils, chickpeas and kidney beans

Try serving crunchy vegies with hummus, tzatziki or salsa

3

Fruit

- Whole fresh fruit
- Fresh fruit salad
- Frozen fruit
- Tub of diced fruit (in natural juice)
- Fruit puree
- Dried fruit such as apricots and sultanas

4

Milk, yoghurt and cheese

- Tub of yoghurt
- Cheese stick, slices or cubes
- Custard
- Milk popper/tetra pack
- Calcium fortified soy or other plant-based milks

5

Meat and alternatives

- Lean chicken, beef, lamb, pork or turkey
- Hardboiled egg
- Canned tuna or salmon
- Hommus dip
- Lentils, chickpeas and kidney beans
- Baked beans
- Falafels
- Tofu cubes