



LIMIT
'SOMETIMES'
FOODS



PLANT
FRUIT & VEG
IN YOUR
LUNCHBOX

Bring a healthy plate

As a parent, you may be asked to bring a plate of food for a school celebration or event.

Taking a healthy plate is a good way to enjoy food as part of a celebration and a great chance for children to try new foods.

Try to include **'everyday'** foods like fruit, vegetables, dairy foods, breads and cereals and meat and meat alternatives (e.g. eggs). **'Sometimes'** foods such as biscuits, lollies, chips, cupcakes and cakes should be kept for special occasions at home and are not encouraged at social events.

Quick and tasty ideas:

Sliced melon platter

Try watermelon, rockmelon or honeydew melon.



A large bunch of grapes

Wholemeal or multigrain crackers and a vegetable based dip

Fruit bread or fruit buns

Ideas for when you have more time:

Mini pizzas

Top wholemeal English muffins with tomato paste, grated cheese and vegetables. Popular options are tomato, pineapple, spinach, mushrooms, capsicum, zucchini and onion.

Fruit or vegetable pikelets, scones or mini muffins

Move Well Eat Well

Vegetable sticks and dip

Try snow peas, carrots, capsicum, cucumber, celery.

Tiger sandwiches

Layer different types of bread e.g. wholemeal, multigrain, rye and white bread and fill with vegetable fillings, for example, avocado and grated carrot.

Traffic lights

Thread cherry tomatoes, cheese cubes and cucumber slices onto kebab sticks.

Pita chips

Cut pita bread into triangles, sprinkle with grated cheese and bake in a moderate oven until crispy. Serve with a vegetable based dip.

Fruit kebabs

Thread soft fruit onto kebab or icy pole sticks. Try kiwi fruit, strawberries, grapes, melon, orange and banana.

Mini vegetable frittatas

Add lots of vegetables such as tomato, mushrooms, spinach, capsicum, sweet potato, onion and corn to egg and cheese and cook in a muffin tin.

Nibble plate

Try cheese cubes, vegetable sticks, fresh fruit, boiled eggs, wholemeal or wholegrain crackers and vegetable based dip.

To drink:

- Make sure there is plenty of cold water to drink.

Remember food safety:

- Wash fresh vegetables and fruits well before using.
- Take care with foods like dips, chicken, meat and egg which can allow fast bacterial growth.
- Chill food well before packing. Do not transport food if it has just been cooked or is still warm.
- Use a frozen ice brick and insulated cooler bag to transport food.
- Cover all ready to eat food well.
- Check your school's policy on nuts