



Preparing a healthy lunchbox



Nestlé

Good Food, Good Life

HEY MOMS! Use this guide to prepare the most nutritious and delicious lunchbox for your growing child!

TIP:
Always wash and dry lunchboxes after use to keep them safe & clean

VEGETABLES AND FRUIT:

Make sure your child is eating vegetables and fruit every day. Add 1 small apple, a handful of grapes, a pear or banana or 1/2 cup of salad or a peeled carrot. Vegetables and fruit are rich sources of vitamins and minerals, and have many health benefits.

STARCHY FOODS

Make starchy foods part of most meals 2 slices of wholewheat bread, a seeded roll, 3/4 cup of pasta or 6 wholewheat crackers as the base of daily lunch.

NUTRITIOUS SNACKS

Snacks are to be eaten between meals to regulate appetite. These can include 30g of peanut and raisin mix, 2 cups of popcorn or 2 pieces of dried fruit

LEAN PROTEIN

Fish, chicken, lean meat or eggs can be eaten daily. Include 1 slice or 3 tablespoons of grated cheese, a boiled egg, 1/2 cup of tuna or even 2 tablespoons of peanut butter on their sandwiches.



REDUCED FAT DAIRY

Use milk and milk products with little or no added sugar. Try adding a 100g tub of low fat yoghurt or 250ml flavoured milk or Milo to their lunchboxes.

TREAT

You can add a bite-sized chocolate or a small packet of potato chips to their lunchboxes occasionally.

WATER

Ensure your child is getting their 6 - 8 glasses of water a day. In the hot summer months or after sport, give them an extra glass or 2 to replace fluids lost during physical activity. Water is the most important nutrient in the body

NESTLÉ RESEARCH RESULTS show that only 49% of children take a packed lunch to school and 25% say they don't get enough to eat. Ensure that your child is getting the correct daily nutrition to meet their energy needs especially if they are staying after school.

WHEN IT ISN'T WORKING!

A healthy lunch is only beneficial if it's eaten! If your child is coming home with an untouched lunchbox, ask yourself:

- Is it the lunchbox? Some children prefer paper bags or wax paper, some prefer cooler bags.
- Is the lunch boring? Try to pack a different lunch each day.
- Is it too much? Portion sizes may be too big. For younger children consider giving half a sandwich or cut it into smaller, sizes.
- Is it the texture? Often children don't like the skin on their apples or don't like sticky hands after peeling an orange.