

## What's in a Healthy Lunchbox?

Mix and match a food from each food group to make a healthy lunchbox



### Grains

Choose mostly wholegrain options. The slow release energy will provide nutrients for concentration in the classroom as well as lots of energy for playtime.



### Protein

Include protein that is unprocessed as processed meats are often high in fat and salt

### Vegetables

Always add vegetables to the lunchbox to make sure your child is getting all of the nutrients that they need. Add grated vegetables to sandwiches, or veg sticks.

### Fruit

Include a piece of fruit everyday. They are full of vitamins, minerals, fibre and more! Try cutting fruit into bite size pieces or making fruit salad.

### Snack

Healthy snacks help children refuel between meals.