

Tips on how to pack a healthy lunchbox

Embrace the bento:

Bento boxes are more than just cute; they make it easy to add variety and cover the 5 food groups in one meal. The separate compartments are perfect for fussy eaters and great for using up leftovers or small bits of fruit and veg.

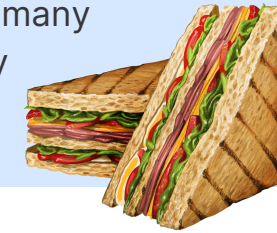


A balanced bento might include:

- Wholegrain sandwich (grains)
- Grapes, berries or mandarin (fruit)
- Cheese cubes or yoghurt (dairy)
- Hummus, veggie sticks or mini patties (protein & veggies)
- Bliss ball or mini muffin (wholesome treat)

Fill them up with fiber:


A simple sandwich or wholegrain roll is a lunchtime winner. Packed with fiber, it keeps kids full, supports gut health, and helps them power through the afternoon. Since many Aussie kids don't get enough wholegrains, every extra serve is a big bonus!



Cut the chopping:

An Aussie study found kids eat more veggies when served whole. For lunchboxes, think mini cucumbers, cherry tomatoes, or whole carrots, less prep, more veggies! For younger kids, try halved cherry tomatoes or spirals of cucumber and carrot for easier chewing.

Be water wise:

The best lunchbox drink? Fresh water!  Juices, cordials and sports drinks are often loaded with hidden sugar. If including a flavoured drink, choose one with a low GI for longer-lasting energy.

Extra tips:

For a fun twist, freeze a water bottle with fruit pieces for a cool flavour boost, perfect for a hot summer's day!



Say cheese:

Calcium is vital for growing bodies, strong bones and healthy teeth, yet less than half of children are getting enough, and even fewer teens. Start the day with wholegrain cereal and milk, then add yoghurt or cheese to the lunchbox to keep calcium levels up.

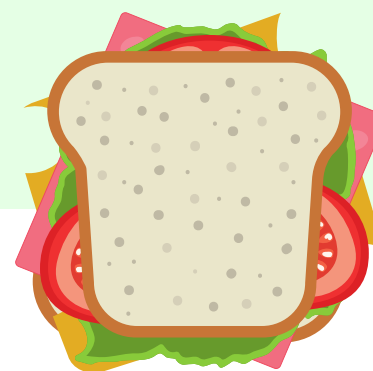


Sayonara soggy sangas:

No one enjoys a soggy sandwich, but that doesn't mean you should ditch this classic lunchbox favourite. With a little prep, sandwiches can stay just as tasty at lunchtime as when you made them. The secret is all in the stacking!

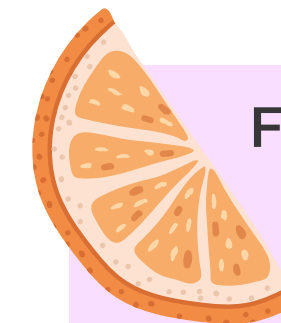
Stacking Secrets:

- Keep the bread fresh and fluffy by spreading condiments between the cheese and protein rather than directly on the bread.
- Patting tomato slices and lettuce leaves dry with a paper towel before adding them also helps prevent sogginess.



Easy freezy:

Frittatas, savoury muffins, and mini quiches make excellent lunchbox staples. They're easy to cook in bulk, freeze well in individual portions, and save you time during the week. A little prep goes a long way on those busy school mornings, you'll be glad to have a healthy, ready-to-go option to simply pop into the lunchbox. Nutritious, tasty, and stress-free!



Focus on fresh:

Choosing in-season fruit and veg is a win all round. Not only is it more affordable, but produce picked in its natural season tastes better and is often fresher too.

Kids are more likely to enjoy fruit and veg when it's at its sweetest and most flavourful, so it's an easy way to encourage healthier eating.

There's also the added bonus of helping the environment. Seasonal produce usually requires less transport, storage, and packaging, meaning a lighter footprint and more sustainable choices for your family. By filling lunchboxes with what's in season, you're supporting your child's health, your budget, and the planet all at once.