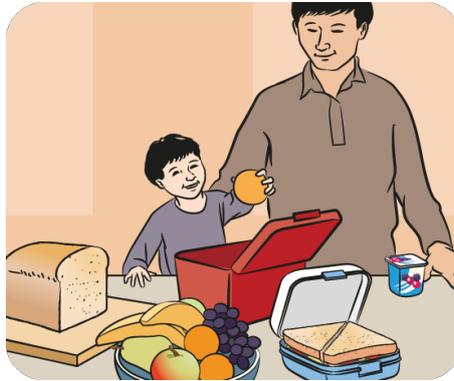


# Healthy lunch box ideas for children

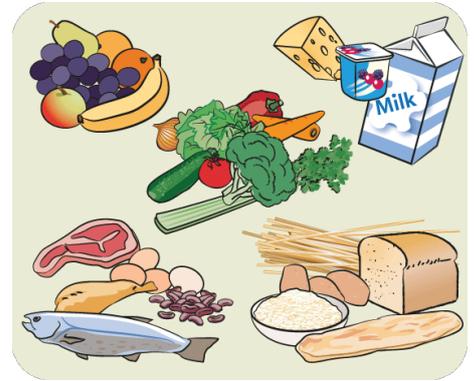
## Packing a healthy lunch box for child care, preschool and school



When you're food shopping, buy enough healthy foods to make your child's lunches for the week. This makes it easier to come up with healthy lunch ideas each day.



Let your child choose his own healthy lunch box food. He's more likely to eat food he's chosen himself. Packing the night before gives him time to choose carefully.



Include foods from each of the [five food groups](#) in your child's lunch box. This gives your child the energy and nutrients he needs to grow, learn, play and stay healthy.

## Colourful, environmentally friendly and healthy lunch box ideas



Aim for a 'rainbow' of different-coloured fruits and vegetables in your child's lunch box. This gives your child more chances to get all the nutrients she needs.



Pack fresh foods with minimal packaging. Try reusable containers, pockets and wraps. They're better for the environment, healthier and easier for kids to handle.

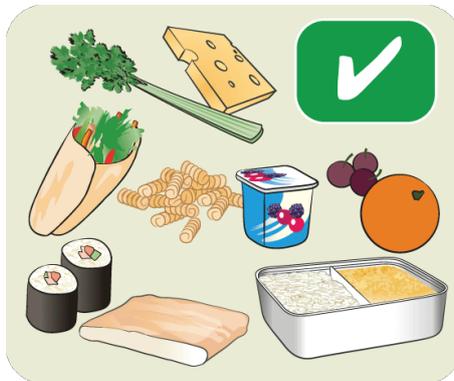


Tap water is the best drink for your child. Send a refillable water bottle with your child each day. Avoid sugary drinks like fruit juice, soft drinks and flavoured milk.

## Safe, interesting and healthy lunch box ideas



Keep food cold until you pack it. Add a frozen water bottle or use an insulated lunch bag to keep food cool. Check whether [allergy-causing foods](#) should stay at home.



Try different options, like sushi, salads, pasta and noodles. Different sandwich fillings can keep your child interested too. Check out more [tasty and healthy lunch ideas](#).



Avoid packing 'sometimes' foods – like chips, muesli bars, biscuits and chocolate. These foods are unhealthy. They're high in saturated fats, sugar and salt.