



Q4: Super Lunchbox COMBOS

for kids



Super Lunchbox Sally and Super Lunchbox Sam are here to help your mum or dad pack a super lunchbox combo for you. **How SUPER are you?** Tick off all the things you like to eat and drink now from the list below. As you try new foods, tick them off as well. There are spaces for you to add anything healthy that's not on the list. The more you tick, the easier it will be to pack a superlunchbox combo you will actually eat! And that means a strong body and mind every day! **NAME:** _____

<input type="checkbox"/> BREAD OR CEREAL BASED FOODS <input type="checkbox"/> Corn thins <input type="checkbox"/> Pikelets <input type="checkbox"/> Bread roll <input type="checkbox"/> Fruit loaf/buns <input type="checkbox"/> Rice cakes <input type="checkbox"/> Pasta salad <input type="checkbox"/> Pita bread <input type="checkbox"/> Plain popcorn <input type="checkbox"/> Pretzels <input type="checkbox"/> Rice crackers <input type="checkbox"/> Scones <input type="checkbox"/> Crispbreads <input type="checkbox"/> Wholemeal crackers <p style="text-align: center;"><i>Cut sandwiches into shapes or strips</i></p>	<input type="checkbox"/> LEAN MEAT & ALTERNATIVES <input type="checkbox"/> Egg <input type="checkbox"/> Tofu <input type="checkbox"/> Baked beans <input type="checkbox"/> Tuna or salmon <input type="checkbox"/> Leftover roast meats <input type="checkbox"/> Meatballs <input type="checkbox"/> Ham on a sandwich <input type="checkbox"/> Chicken (sliced or drumstick) <p style="text-align: center;"><i>Make your own super lunchbox combos with at least 1 food from each food group</i></p>	<input type="checkbox"/> DAIRY FOODS <input type="checkbox"/> Plain or flavoured yoghurt <input type="checkbox"/> Instant puddings made on milk <input type="checkbox"/> Cheese/cheese stick <input type="checkbox"/> Custard <input type="checkbox"/> Rice puddings <input type="checkbox"/> Reduced fat milk <p style="text-align: center;"><i>Keep foods cool in an insulated bag with an ice brick or even a frozen drink!</i></p>
<input type="checkbox"/> FRUIT <input type="checkbox"/> Bananas <input type="checkbox"/> Grapes <input type="checkbox"/> Pears <input type="checkbox"/> Mandarin <input type="checkbox"/> Rockmelon <input type="checkbox"/> Kiwi fruit <input type="checkbox"/> Apricots <input type="checkbox"/> Oranges <input type="checkbox"/> Pineapple <input type="checkbox"/> Strawberries <input type="checkbox"/> Apples <input type="checkbox"/> Watermelon <input type="checkbox"/> Tub of two fruits <input type="checkbox"/> Dried fruit <input type="checkbox"/> Mangoes <p style="text-align: center;"><i>Try your favourite fruits, whole, cut up, in tubs or even frozen</i></p>	<input type="checkbox"/> VEGIES <input type="checkbox"/> Corn on the cob <input type="checkbox"/> Cherry tomatoes <input type="checkbox"/> Carrots <input type="checkbox"/> Celery <input type="checkbox"/> Cold roast vegies <input type="checkbox"/> Snow peas <input type="checkbox"/> Avocado <p style="text-align: center;"><i>Have with a dip or spread</i> <i>Keep your favourite salad or chopped vegies fresh in a small container or snaplock bag</i></p>	<input type="checkbox"/> DRINKS <input type="checkbox"/> Water <input type="checkbox"/> UHT milk (plain or flavoured) <input type="checkbox"/> 100% fruit juice (150ml) <input type="checkbox"/> Calcium fortified soy milk <p style="text-align: center;"><i>Add your own healthy ideas here!</i></p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

How SUPER are you? Add up how many foods you ticked and find out below. TOTAL: _____

22 or more WOW! You really are **super!** You have the most to choose for your super lunchbox combos. Keep up the good work. Share your favourite snack ideas with friends!

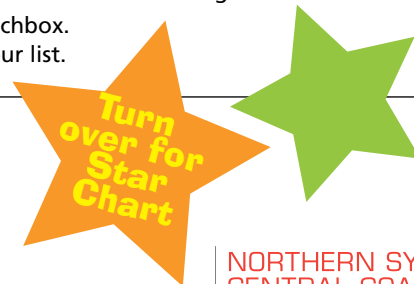
15-21 Great! You are starting to get a good choice of healthy foods for your super lunchbox. Have a go at some new foods.

8-14 Good start! You have at least some healthy snacks to chose for a super lunchbox. Try the Q4 star chart over the page to help you try new foods to add to your list.



Some snacks you buy at the shops are **not** the right fuel for your super body everyday:

like chips, lollies, chocolates, softdrinks, muesli bars, cereal bars, biscuits, cakes, fruit bars and cordial. Use the snack guides below with a grown up to choose better snacks.



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NSW HEALTH



Many pre-packaged snacks and sweetened drinks are "sometimes foods". It is okay to have one in your lunchbox once or twice a week but not every day. Try other snacks from the Q4: Super lunchbox combos. Use the snack guide to make a better choice of snack food.

USING THE "SNACK GUIDE" FOR PACKAGED SNACK FOODS

1. Use the **sweet snacks** or **savoury snack guidelines**, based on the snack you are checking.
 2. Find the Nutrition Information Panel on the snack.
 3. Compare the energy, saturated fat, sodium &/or fibre PER SERVE.
 4. Check that all 3 of the guidelines are met.
- If not, then this snack is **not** considered a better choice.

(criteria adapted from Fresh tastes@school NSW healthy schools Canteen strategy)



SNACK GUIDE	ENERGY	SATURATED FAT	FIBRE
Sweet Snacks eg museli bars, fruit bars, sweet biscuits	Less than 600kj per serve	Less than 3g per serve	More than 1g per serve
SNACK GUIDE	ENERGY	SATURATED FAT	SODIUM
Savoury Snacks eg. biscuits, chips, rice/corn snacks	Less than 600kj per serve	Less than 3g per serve	Less than 200mg per serve



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The Health Promotion Unit, NSCCH phone 4349 4800
Nutrition Dept NSCCH phone 4320 3691

Contact:

www.healthpromotion.com.au
www.meerilinga.org.au/Nutrition/LunchboxWorld.aspx

For more information:

Cut/tear out the snack guides above and keep in your wallet
make a 'better' choice of pre-packaged snack foods.

- It can take up to 10 times for a child to like a new food
- Try a new food at home before adding to the lunchbox
- Super Lunchbox Combos are over the page for great lunch and snack ideas
- Give your child a choice between the healthy foods they have ticked over the page
- It is **okay** if your child only wants the same foods for lunch every day. As long as they are healthy foods
- Aim to have at least one food from each group in your child's lunchbox each day
- Check your child can open all containers you send for lunch
- Encourage the whole family to have a go!

GOAL	SCORE	REWARD (non-food or activity reward)
Goal examples: 1. I will eat the food in my lunchbox 2. I will try a new vegie	☆☆☆☆☆	Reward examples: 1. Have a friend over to play 2. Stickers
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REWARD IDEAS...

- go to the park
- ice skating
- play dough
- balloons
- bike ride
- active toys
- movie
- colouring-in book

Don't throw me out!
Use a pencil and rub it out!

NAME: _____

Kids love rewards. Try this star chart with your child to encourage healthy eating and other healthy behaviours and reward him/her with non-food or physical activity treats.

1. Decide the goal and reward with your child
2. Colour in the stars for each activity completed
3. Have fun giving the rewards!

Q4 Super Lunchbox STAR CHART for adults

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