

It is important that enough healthy food and drink is packed for preschool. The suggested minimum number of 'child size'^ serves to pack for each food group are as follows (although you may need to vary the amount depending on your child's appetite)
 ^Child serves are half the recommended amount of the adult Australian Guide to Healthy Eating serve size.

2 serves; Bread/cereal based food	1 serve; Fruit	1 serve; Salad or Vegetables	2 serves; Milk*/Cheese/Yoghurt	1 serve; Meat/fish/ chicken or alternatives
<p>1 child size serve is: 1 slice of bread ½ cup breakfast cereal ½ cup cooked rice ½ cup cooked pasta</p> <p>Examples: 2 wholegrain crispbreads ½ pita pocket bread 2 thick rice cakes 3 corn thins ½ cup noodles 1 slice fruit loaf 5 water crackers 2 pikelets 2 cups plain popcorn 1 dinner roll ½ fruit muffin 1 small fruit scone 10 rice crackers</p>	<p>1 child size serve is: ½ cup of fruit 1 small piece of fruit ½ medium size piece of fruit</p> <p>Examples: 1 small banana 1 small bunch of grapes 3 large strawberries 1 mandarin 1 kiwi fruit 1 small orange 2 tablespoons sultanas 1 small pear ½ cup stewed apricots 2 small apricots 4 dried apricot halves 2 dates</p>	<p>1 child size serve is: ¼ cup cooked vegetables ½ cup salad</p> <p>Examples: 2 cups plain popcorn ½ corn cob ½ cup green beans ½ cup capsicum strips ¼ cup hummus 2 chat potatoes ½ cup cucumber sticks ½ cup cherry tomatoes ½ cup carrot sticks 2 broccoli florettes</p>	<p>1 child size serve is: 100 mls milk 15g cheese 100g yoghurt 100 mls calcium fortified soy milk</p> <p>Examples: 100mls plain milk 100mls flavoured milk ⅓ cup custard snack pack mini cheese wheel 100g fruit yoghurt 1 cheese cube 1 small tub yoghurt 1 cheese triangle/wedge 1 cheese stick 1 slice of cheese</p> <p><i>* Reduced fat milk and dairy products are recommended for children over 2 years of age.</i></p>	<p>1 child size serve is: approx 50g cooked meat or chicken or fish ¼ cup cooked legumes 1 egg</p> <p>Example: 1 small tin baked beans 50g lean ham ¼ chicken breast in strips 3 small meatballs 1 boiled egg 1 chicken drumstick ½ small tin tuna or salmon (50g) 1 slice of cold roast 6 cubes tofu ½ vegetarian pattie ¼ cup 4 bean mix</p>

Drinks: water is the best thirst quencher. Plain or flavoured milk is also suitable
**For further information visit www.healthpromotion.com.au
www.healthkids.nsw.gov.au**



Lunch Box Food Ideas

What to pack for your preschooler

Morning tea

100mls Milk
1 small banana
2 wholegrain
crispbreads + yeast spread



Morning tea

100mls milk
1 fruit scone
½ cup carrot sticks
2 tablespoons of sultanas

Lunch

½ wholemeal pita pocket bread
with ham and tomato.
½ cup green beans or
cucumber chunks
Custard snack pack (⅓ cup)
Water

Lunch

Cheese, cold roast beef
and salad sandwich
(on wholemeal bread)
Mandarin
Water



Note: While variety can make lunch time interesting, sending a sandwich each day is OK. Variety can come from sandwich fillings and the other foods in the lunch box. Just make sure the choices are healthy and the bread is wholemeal or high fibre.

Morning tea

100mls milk
3 large strawberries
Breadsticks and hummus

Morning tea

100mls milk
1 slice of fruit loaf



Lunch

3 meatballs
½ cup pasta salad
2 apricots
1 small tub yoghurt (100g)
Water



Lunch

Tuna, lettuce and avocado
in a wholemeal dinner roll
½ cup cherry tomatoes
1 small tub of yoghurt (100g)
Water