

HEALTHY SCHOOL LUNCHES

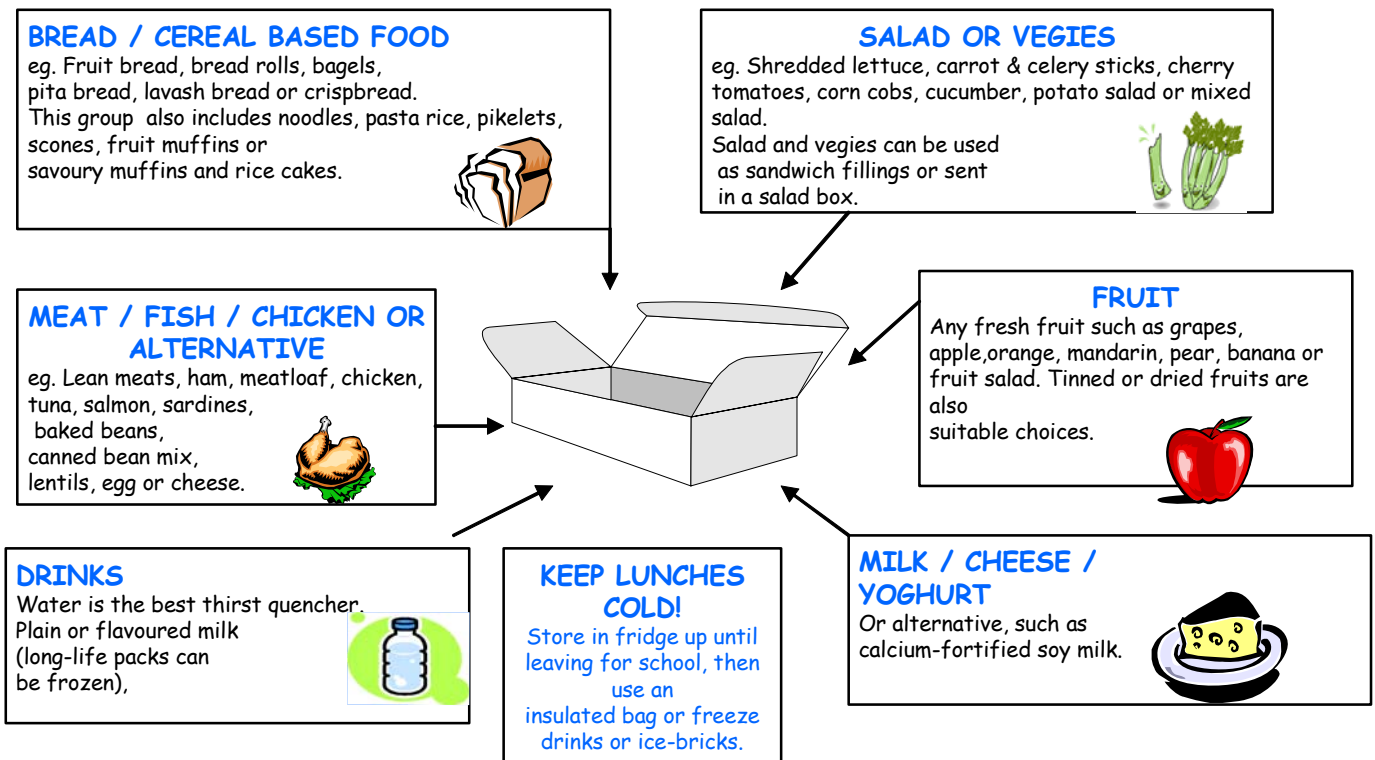
Why choose healthy food for lunch boxes?

Healthy foods have more of the nutrients that children need to grow, and will keep their appetite satisfied for longer.

Children need healthy food at school for learning, concentration and activity.

It is important that your child goes to school with enough healthy food and drink to keep them going all day! However, you may need to vary the amount of food depending on your child's age and appetite. For smaller appetites, pack smaller serves. Children often prefer to play with friends rather than eating, so be realistic in the amount of food that is packed.

A healthy lunchbox includes a choice from the following food groups and drinks:



LUNCHBOX MENU IDEAS FOR SCHOOL

Fruit Break	Snack Pack fruit salad	Fresh Fruit
Recess	Crackers and cheese (packed at home) Water	Flavoured milk Rice cakes or scone
Lunch	Egg and lettuce roll water	Chicken and salad sandwich Sultanas water

NUTRITION GUIDELINES FOR PACKAGED SNACK FOODS

Some packaged foods are not a healthy choice for children's lunchboxes because they:

- lack the healthy nutrients our bodies need, and
- contain lots of fat (especially saturated fat) and sugar (and therefore kilojoules) and/or salt.

To decide on a 'better' choice of a pre-packaged snack food, use the snack food guidelines below. These are the same guidelines used to determine which snack food can be sold in the school canteen. A snack food that meets these guidelines can be packed once or twice a week, but not every day. For everyday snacks, choose from the lunchbox ideas over the page.

How to Use the Snack Food Guidelines

- Use the 'sweet snacks' OR 'savory snacks' guidelines, based on the type of snack you are checking.
- Check the Nutrition Information Panel 'Per Serve' column on the packaging of the snack. **A better snack choice is one that meets all three of the guidelines for either a 'sweet' or 'savory' snack.**(see below)

Snack Food Guidelines

	Energy	Saturated Fat	Fibre
Sweet Snacks Eg. muesli bars, fruit bars, sweet biscuits	Less than 600kJ/serve	Less than 3g/serve	More than 1g/serve

	Energy	Saturated Fat	Sodium
Savory Snacks Eg. savory biscuits, popcorn, rice based snacks	Less than 600kJ/serve	Less than 3g/serve	Less than 200mg/serve

Example: Cereal Snack Bar - Use the Sweet Snacks Guidelines

Nutrition Information Panel		
Servings per pack: 1		
Serving size: 37g (1 bar)		
	Per serve	Per 100g
Energy	517kj	1396kj
Protein	1.2g	3.2g
Fat		
Total	1.1g	3.0g
Saturated	0.4g	1.2g
Carbohydrate		
Total	26.4g	71.4g
Sugars	14.3g	38.6g
Sodium	48mg	130mg
Fibre	1.2g	3.2g

Snacks must have less than 600kj/serve

Snacks must have less than 3g saturated fat/serve

Savory snacks must have less than 200mg sodium/serve

Use the per serve column

Sweet snacks must have more than 1g fibre/serve