

Planning a Healthy Lunchbox

Plan a weekly lunchbox menu together with your kids using some ground rules to ensure it is healthy and the lunchbox comes back empty.



<p>Step 1</p>	<p>Set some ground rules about what needs to go in the lunchbox and what will stay out. Things like:</p> <ul style="list-style-type: none"> - It includes at least 1-2 vegetables every day - There can be no packets - Jam sandwiches are only on Fridays
<p>Step 2</p>	<p>Make 2 lists of vegetables together. The first is a list of their favourite vegetables and the second list of vegetables that they think are OK. Plan to have one of the favourite and one of the 'OK' veggies in the lunchbox each day. This is the foundation of a healthy lunchbox and healthy eating habits that will last a lifetime.</p>
<p>Step 3</p>	<p>Make a list of carbohydrate foods that they like and what would work well in a lunchbox. Are they willing try a healthier alternative? Would they like to taste or try it at home before adding it to their lunchbox. Talk about healthy alternatives including:</p> <ul style="list-style-type: none"> - Grainary or wholemeal bread and wraps - High fibre crackers e.g. Ryvita, Vita-wheat - Brown or basmati rice - Wholemeal pasta and spaghetti - Baked beans
<p>Step 4</p>	<p>Make a list of favourite fruits that will fit in the lunch box. Use sealable containers so that it can be chopped up and kept fresh. Limit fruit to one medium sized fruit and save the other portion of fruit for after school or after dinner.</p>
<p>Step 5</p>	<p>What meat or meat alternatives do they like? A small portion (child-sized) is important to keep them full through the afternoon. Stick to healthy and lean meats that can be kept cool and safe in the lunchbox. You can pick up a cheap food thermos to keep food hot. Some examples are</p> <ul style="list-style-type: none"> - Tinned tuna/salmon and light mayo - Ham - Cheese - Roast or baked chicken breast - Baked beans (hot or cold)
<p>Step 5</p>	<p>Put all the lunchbox ideas into a weekly timetable and stick it on the fridge. Kids like predictability so you might want to repeat the same lunchboxes weekly. Having a timetable makes putting your shopping list together a bit easier as well. Every little bit helps!</p>

Lunchbox Menu

Monday	Veggies: 1. _____ 2. _____ Fruit: _____ Lunch: _____
Tuesday	Veggies: 2. _____ 2. _____ Fruit: _____ Lunch: _____
Wednesday	Veggies: 3. _____ 2. _____ Fruit: _____ Lunch: _____
Thursday	Veggies: 4. _____ 2. _____ Fruit: _____ Lunch: _____
Friday	Veggies: 5. _____ 2. _____ Fruit: _____ Lunch: _____