Healthy Lunch Box Ideas

Busy kids need a healthy school lunch to boost their energy and help them concentrate and learn in the afternoon. With our top lunch box tips and a 5-day lunch box meal plan, you’ll find packing a healthy lunch to nourish your kids a breeze!

Ensure you include a range of fresh fruit and vegetables and vary the food daily so kids don’t become bored.

**Top tips for a healthy lunch box**
- Always include fresh fruit and vegetables. Vary the selection to keep it interesting.
- Offer a variety of whole grain breads, rolls, pita bread and flat breads.
- Use avocado as a spread instead of butter or margarine.
- Use reduced fat dairy foods. Cheese and yoghurt are ideal.
- Kids need a serve of protein at lunchtime. Ensure you include lean meat, egg, chickpeas or tuna.
- Add a chilled bottle of water and limit juice.

**Keep it fresh - packing the lunchbox**
It’s important to keep food in the lunch box cold to inhibit the growth of harmful bacteria. Pack the school lunch in an insulated lunch box and include a small freezer brick or freeze a bottle of water and pop it into the lunchbox to keep food cool.

**Helpful tips for adding fresh fruit and vegetables to lunch boxes**
- Kids like fresh fruit cut and ready to eat. Fruit salad is the ideal lunch box solution; it’s colourful, easy to eat and bursting with vitamins.
- Offer different seasonal fruits each day for a change in flavour, colour and texture.
- Freeze fruits in the summer or for sport days. Simply pop the frozen fruit into a small sealable plastic bag or airtight container.
- If including whole fruit in the lunchbox, select fruit that is a suitable size for a child to easily hold in their hand and eat (this is particularly important for younger children).
- Peel and slice or cut fruit if possible and choose seedless varieties of grapes, watermelon and Imperial mandarins.
- If you’re added tomato to sandwiches, place the tomato between fillings and not directly onto the bread. This prevents the bread becoming soggy.
- When using avocado, mash or drizzle with a little lemon or lime juice to prevent the avocado from discolouring.
- Mild tasting and crunchy lettuce varieties like Iceberg and Oak leaf and Lebanese cucumbers are ideal for kids.
- Add leftover (or cook extra) roast pumpkin or sweet potato to sandwiches, wraps and roll fillings. Naturally sweet and loaded with beneficial antioxidants, roast vegetables team well with a range of fillings.
- Make salads or salad sandwich fillings interesting by using a range of vegetables like grated carrot, snow pea sprouts, lettuce or rocket or baby spinach, sliced celery, tomatoes, avocado and cucumber.
- Use a vegetable peeler to slice cucumber into thin ribbons for sandwich fillings.

www.FreshforKids.com.au have created a 5 Day Healthy Lunch Box Meal Plan and a Quick, Recess, Lunch and Snack Recipe Booklet which are free to download for some fun and healthy ideas for children’s school lunch boxes.