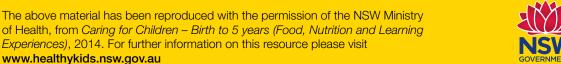
# Lunchbox Checklist for Food Brought from Home for 2 to 5 year olds

### A Guide for Families

Use this checklist to help provide nutritious food each day your child is in care for eight hours or more. This usually includes morning tea, lunch and afternoon tea. The recommended number of serves from each food group, while in care, is provided below.

Wholegrain cereal foods and breads	Fruit	Salad vegetables or legumes	Dairy foods or high calcium alternatives	Lean meats, chicken, fish, eggs or alternatives
□ 2 serves	☐ 1 serve	☐ 2 serves	☐ 1 serve	□ ¾ serve
Each of the following is 1 serve:  1 slice of bread  2/3 cup breakfast cereal  1/2 cup cooked rice  1/2 cup cooked pasta	Each of the following is 1 serve: 1 cup of chopped fruit 2 small pieces of fruit 1 medium size piece of fruit 30g dried fruit (occasionally)	Each of the following is 1 serve: ½ cup cooked or raw vegetables 1 cup salad	Each of the following is 1 serve: 250ml milk 40g cheese 2 slices cheese 34 cup yoghurt 250ml calcium fortified soy milk	Each of the following is 3/4 of a serve: 50g cooked red meat 60g cooked chicken 75g fish 1 cup cooked legumes 2 medium eggs
Examples:  • 3 wholegrain crispbreads  • ½ bread roll  • ½ pita pocket bread  • ½ fruit muffin  • 2 thick rice cakes  • 3 corn thins  • 1 slice fruit loaf  • 5 water crackers  • 2 pikelets  • 1 small fruit scone  • 10 rice crackers  • ½ cup cooked pasta spirals  *Choose wholegrain or high cereal fibre varieties.	Examples:  1 medium banana 1 medium bunch of grapes 2 mandarins 2 kiwi fruit 1 medium orange 1½ tablespoons sultanas 1 medium pear 2 small apricots 2 small plums 4 dried apricot halves 6 large strawberries	Examples:  • ½ corn cob  • ½ cup green beans  • ½ medium potato  • 1 cup cucumber sticks  • 1 cup halved cherry tomatoes  • 1 cup carrot sticks  • ½ cup broccoli florets  • ½ cup 4 bean mix  • ¼ cup hommus	Examples:  • 250ml plain milk  • 200g fruit yoghurt  • ¾ cup custard  • 1 cheese triangle/wedge  • 2 slices of cheese   * Choose mostly reduced fat milk and dairy products for children over 2 years of age.	Example:  • ¾ cup baked beans  • 50g lean ham  • ¼ chicken breast in strips  • 2 small meatballs  • 2 medium boiled eggs  • 1 chicken drumstick  • 1 small 75g tin tuna or salmon  • 1 slice of cold roast meat  • 130g tofu





## Lunchbox Food Ideas for Food Drought from Home for 2 to 5 year olds

## A Guide for Families

The following sample lunchbox menus provide the recommended number of serves from each of the food groups.

Morning Tea  • Milk  • 1 banana	<ul><li>Morning Tea</li><li>Milk</li><li>2 wheatmeal biscuits with margarine</li></ul>	Morning Tea  • Milk  • Small apple	<ul><li>Morning Tea</li><li>Milk</li><li>Cheese triangle/ cubes</li></ul>	Morning Tea  • Milk  • ½ fruit muffin with margarine
<ul> <li>Lunch</li> <li>½ wholemeal pita bread with ham and salad</li> <li>½ cup raw green beans or cucumber chunks</li> <li>¼ cup hommus dip</li> <li>Water</li> </ul>	<ul> <li>Lunch</li> <li>Roast beef and salad sandwich</li> <li>1 small mandarin and kiwi fruit</li> <li>Cheese stick</li> <li>Water</li> </ul>	<ul> <li>Lunch</li> <li>Tuna, avocado and lettuce in a wholemeal dinner roll</li> <li>Small tub yoghurt</li> <li>½ cup cherry tomatoes</li> <li>Water</li> </ul>	<ul> <li>Lunch</li> <li>Chicken leg</li> <li>Dinner roll and margarine</li> <li>1½ tablespoons sultanas</li> <li>Corn cob</li> <li>Water</li> </ul>	Lunch  • ½ cup pasta salad, ham and boiled egg  • 2 broccoli florets  • Bunch of grapes  • Water
Afternoon Tea  • Milk • 2 pikelets	• Carrot sticks • ¼ cup hommus dip	Afternoon Tea     1 fruit scone     Vegetable sticks with tomato salsa dip	Afternoon Tea     Celery, capsicum and cucumber sticks with cream cheese	Afternoon Tea     Milk     Celery sticks with cream cheese spread









**Note:** While variety can make lunchtime interesting, sending a sandwich each day is OK. Variety can come from bread types, sandwich fillings and other foods in the lunchbox. Just make sure the choices are healthy and the bread is wholemeal, high fibre or has added iron.

## Please don't send these foods:

- Sticky snacks like some health food bars, muesli bars, lollies and fruit straps as these may cause tooth decay.
- Foods high in fat and sugar like sweet, cream-filled and chocolate-coated biscuits, chocolate and chocolate or yoghurt coated health food bars.
- Foods high in fat and salt like chips and savoury snack biscuits.

