



Low cost lunchboxes

A school lunch is essential for providing children with the energy and nutrients they need to get them through the day. A homemade healthy lunch is cheaper, better for your brain and body and YUMMY.

Research has shown that lunches bought from home are likely to be more cost effective and healthy than lunches bought from school or on the way to school.

A healthy lunch should be made up of foods from the four food groups:

- Vegetables and fruit
- Breads and cereals
- Milk and milk products
- Lean meats, chicken, seafood, eggs, Legumes, nuts and seeds

Breads and cereals: e.g. sandwich with wholegrain or wholemeal bread + crackers/popcorn

Fruit and vegetables: e.g. handful of grapes + mandarin + vege sticks

Dairy: e.g. low-fat cheese slices (edam) or pottle of low fat fruit yoghurt

Lean meats and protein: hard-boiled egg or handful of nuts and seeds

Don't forget to include a bottle of water

Healthy sandwich filling ideas (HFG):

- 2 Tbsp mashed hard-boiled egg + 1/2 tsp curry powder + 1 tsp low-fat mayonnaise + lettuce
- 2 Tbsp mashed hard-boiled egg + 1 Tbsp avocado + sprouts
- 1 tsp marmite + sliced low-fat cheese (edam)
- 2 Tbsp canned tuna in spring water + sliced low-fat cheese (edam)
- Jam, honey, marmite & peanut butter make good sandwich fillings too

Good take to school snacks:

- Vegetable sticks with low fat dips (hummus, salsa)
- Rice crackers
- Low fat fruit yoghurt
- Small bags of mixed nuts & dried fruit (mix up the fruit – stewed, dried, fresh)
- Creamed rice in small pottles
- Natural popcorn
- Whole fruit or cut up fruit pieces
- Cold cooked corn on the cob in bite sized pieces
- Pikelets
- Cheese and wholegrain crackers
- Small homemade muffin

