



## Easy Ideas for Healthier Lunchboxes

For more lunchbox suggestions visit: [www.swapit.net.au](http://www.swapit.net.au) or scan the QR code



SWAP IT was developed by NSW Health and the University of Newcastle. Implementation support provided by the following partner organisations as part of externally funded scale-up trials:



Artwork: “The heart of a child” by Lara Went, Worimi Artist



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# WHAT ARE EVERYDAY AND SOMETIMES FOODS

## EVERYDAY FOODS:

Provide your child with the nutrition they need to grow and develop.

Foods to eat every day include:

Vegetables, fruits, dairy (and dairy alternatives), wholegrain breads and cereals, and meat (and other sources of protein).



## SOMETIMES FOODS:

Provide energy, but do not provide the nutrients your child needs to grow and develop. They also contain high amounts of fat, added sugar and/or salt.



# LUNCHBOX FACTS...



Lunchboxes matter! A third of what your child eats each day comes from the lunchbox.

When a lunchbox includes too many sometimes foods, a child may not get the nutrition they need to thrive.

One swap from a sometimes food to an everyday food can make a difference.

**SWAP  
FROM**



Chocolate Muffin



**SWAP  
TO**



Pikelets

# EVERYDAY LUNCHBOXES BOOST PERFORMANCE



Prepares your child to learn



Gives energy to play



Linked with better behaviour



Improves concentration



Boosts school performance



Keeps teeth healthy

“My kids enjoy everyday foods in the lunchbox and look forward to sometimes food for dessert every Friday.” Pete, father of two.

# AN EVERYDAY LUNCHBOX IS MADE UP OF EVERYDAY FOODS:

## Drink

Water and/or reduced fat plain milk

## Lunch

A meal made with everyday foods, such as a sandwich, wrap, salad, pasta or rice dish

## Recess

Vegetables or fruit  
+ 1-2 everyday snacks

## Veg & Fruit Break

Vegetables or fruit



One swap from a sometimes food to an everyday food can make a big difference to your child's health, wellbeing and learning.

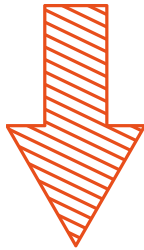
# SAVOURY SWAPS

## SWAP FROM



**Sometimes Foods**

Savoury biscuits, potato chips, pretzels, cheese and bacon roll, two-minute noodles, cracker and cheese dips, breakfast bars, jerky, samosa





# SAVOURY SWAPS

## SWAP TO



**Everyday Foods**

Plain popcorn, rice cakes, rice wheels, crispbreads, vegetable-based dips, hummus, vegetable sticks, roasted fava beans, pumpkin or sunflower seeds, boiled eggs, reduced fat cheese, plain crackers, edamame beans, baked beans



For more savoury SWAP ideas, visit [www.swapit.net.au/swap-it-savoury](http://www.swapit.net.au/swap-it-savoury) or **SCAN HERE**



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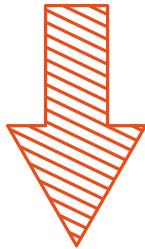
# SWEET SWAPS

# SWAP FROM



## Sometimes Foods

Chocolate coated biscuits, cookies, chocolate bars, cereal bars, muffins, cake, cupcakes, dairy dessert, jelly, muesli bars, baklava, fruit roll up





# SWEET SWAPS

## SWAP TO



### Everyday Foods

Reduced fat plain or fruit yoghurt,  
pikelets, wholegrain breakfast cereal,  
fresh fruit, tinned fruit in natural  
juice, dried fruit (in small serves  
only), fruit bread, reduced fat  
custard



For more sweet SWAP ideas, visit [www.swapit.net.au/swap-it-sweet](http://www.swapit.net.au/swap-it-sweet)

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# WHAT ABOUT DRINKS?

## SWAP FROM



Sometimes Foods



Flavoured water, ice tea, sports drinks, energy drinks, coconut water, cordial, soft drink (e.g. cola), fruit juice

## SWAP TO



Everyday Foods



Water is  
the best  
choice!

Water, reduced fat milk, calcium fortified  
unsweetened milk alternative

For more drink SWAP ideas, visit [www.swapit.net.au/swap-it-drinks](http://www.swapit.net.au/swap-it-drinks)

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# VEG & FRUIT BREAK

A time for children to take a break from their learning to drink some water and eat some vegetables or fruit. In some schools it is called a “fruit break”, “brain break” or “Crunch & Sip”. It is a great time to serve up a vegetable snack.



## VEG & FRUIT BREAK IDEAS

Cucumber, banana, beans, edamame, cherry tomatoes, snow peas, capsicum, carrot, kiwi fruit, tinned fruit in natural juice, strawberries, papaya, celery, watermelon, mandarin, roast sweet potato and cauliflower.



**SAVE MONEY:** Vegetables and fruits are often cheaper when they are in season. Frozen and canned vegetables and fruits make good snacks too.



**SAVE TIME:** Chop extra vegetables when preparing your evening meal. Portion into zip lock bags or containers ready for the lunchbox.

# EVERYDAY LUNCHBOX PLANNER

This planner can make it easier for you to pack a lunchbox full of everyday foods. Plan ahead to make lunchboxes that will help your child concentrate, learn and play all day.

**SWAP IT EVERYDAY LUNCHBOX PLANNER**

**Veg & Fruit Break:** Vegetables or fruit  
**Recess:** Vegetables or fruit + 1-2 everyday snacks  
**Lunch:** A meal made with everyday foods, such as a sandwich, pasta, rice meal or salad  
**Drink:** Water and/or reduced fat plain milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veg & Fruit Break:	Veg & Fruit Break:	Veg & Fruit Break:	Veg & Fruit Break:	Veg & Fruit Break:
Recess:	Recess:	Recess:	Recess:	Recess:
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Drink:	Drink:	Drink:	Drink:	Drink:
Ice brick or thermos:	Ice brick or thermos:	Ice brick or thermos:	Ice brick or thermos:	Ice brick or thermos:

**swap it**  
everyday in the lunchbox

Artwork: "The heart of a child" by Lara Went, Worimi Artist

Download the planner here: [www.swapit.net.au/everyday-lunchbox-planner](http://www.swapit.net.au/everyday-lunchbox-planner)

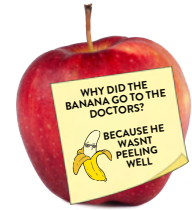
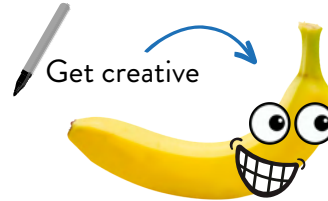
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# IDEAS FOR FUSSY EATERS

Make everyday food fun



Present food in interesting ways



Present food in different ways



Involve your child

Give your child the choice of which everyday foods to pack. They'll be more likely to eat what's packed.

# IDEAS TO SAVE TIME 🕒

## GRAB AND GO



Cherry tomatoes  
Baby cucumbers



Reduced fat yoghurt



Tinned tuna



Banana

## PRE-FREEZE



Fruit bread



Pikelets



Fruit scones

## MINIMAL PREP



Tinned vegetables



Frozen vegetables



Hummus dip

## PREPARE AHEAD OF TIME



Chop extra vegetables  
when preparing dinner



Hard boiled eggs



Corn on the cob  
and green beans



# IDEAS TO SAVE MONEY \$\$

## BUY IN SEASON



Grapes - Summer, Autumn



Beans - Summer, Autumn, Winter



Blueberries - Summer



Oranges - Winter, Spring

## BUY IN BULK



Blocks of reduced fat cheese



Reduced fat yoghurt



Rice cakes packs

## MAKE YOUR OWN



Fruit scone



Bliss balls



Carrot sticks and hummus



Plain air popped popcorn

## CHOOSE LONG LIFE



Tinned foods



Reduced fat long life milk



Frozen vegetables

# IDEAS TO KEEP FOOD SAFE

## Keep cold foods COLD



Reduce the risk of food poisoning by including an ice brick in your child's lunchbox.



## Which foods and drinks need to be kept cold?



## Tips:

- ❄ Freeze water bottles or reduced fat milk poppers to use in lunchboxes as ice bricks.
- ❄ Keep the lunchbox in the fridge until you are ready to go to school.
- ❄ Use frozen bread to make a sandwich. It keeps the lunchbox cool and defrosts by lunch.



# IDEAS TO KEEP FOOD SAFE

Keep hot foods **HOT**



Reduce the risk of food poisoning by storing hot lunchbox foods in a thermos.



Which foods and drinks need to be kept hot?



## Tips:

- ☀ Look for a good quality thermos as they are likely to keep food hot for longer.
- ☀ Reheat the food to very hot before placing in a pre-heated thermos.
- ☀ Don't forget to pack a fork or spoon.

**Disclaimer:** Serving hot foods at school can carry a risk of scalding and burns if the flask is not used appropriately. The decision to send hot foods to school in a flask will vary with each child and may be determined by your school.

# SWAP TO EVERYDAY



**Sometimes Foods**



**Everyday Foods**



Ice tea, biscuit sticks, jelly fruit cup, fast food fried rice.



Orange, vegetable and egg fried rice, cucumber sticks, roasted fava beans, reduced fat milk and water.

**SWAP FROM**



**SWAP TO**

# SWAP TO EVERYDAY



**Sometimes Foods**



**Everyday Foods**



Fruit roll up, white breadroll with brie and salami, pretzels, cordial.



Apple slices, reduced fat fruit yoghurt, green beans, spring onion pancakes and water.

**SWAP FROM**



**SWAP TO**

# EVERYDAY LUNCHBOX IDEAS



## What's in the lunchbox:

Reduced fat fruit yoghurt, kiwi fruit, roasted cauliflower, falafel wrap with labneh, tomato and lettuce and water.



## What's in the lunchbox:

Reduced fat milk, orange wedges, vegetable and egg fried rice, cucumber sticks, roasted fava beans and water.

For more lunchbox ideas, visit [www.swapit.net.au/packing-an-everyday-lunchbox](http://www.swapit.net.au/packing-an-everyday-lunchbox) or **SCAN HERE**





# EVERYDAY LUNCHBOX IDEAS



## What's in the lunchbox:

Lebanese bread pieces with ricotta cheese and za'atar seasoning, chicken kabobs with mujadara, tomato salad, red dates and water.



## What's in the lunchbox:

Chicken and vegetable stir fry, fruit salad, corn fritters, celery sticks, mini cheese snacks and water.

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# EVERYDAY LUNCHBOX IDEAS



## What's in the lunchbox:

Pear, baby spinach, cherry tomatoes, rice cakes with Vegemite and cheese, a boiled egg and water.



## What's in the lunchbox:

Mixed fruit and vegetable skewers, steamed vegetable dumplings, egg and mixed vegetable fried rice, pikelets and soy milk.

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# EVERYDAY LUNCHBOX IDEAS



## What's in the lunchbox:

Tuna and vegetable pasta salad, watermelon skewers, mini rice cakes, cherry tomatoes, cheese cubes and water.



## What's in the lunchbox:

Reduced fat milk, wholegrain cereal, raisin bread sandwich with banana, roasted sweet potato, cherry tomatoes, hummus and water.

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