



# LUNCH BOX DAY

Fantail Room on Friday's



## WHY LUNCHBOX DAY?

Lunchbox day provides children with the opportunity to ***learn how to undo packaging***, and be ***independent***.

Some parents may be new to children going to school, and we wish to assist them to ***support healthy life long eating habits*** and an ***awareness of what to provide in the lunchboxes***.



# WHAT TO PUT IN A CHILD'S LUNCHBOX?

- Hummingbirds Childcare will continue to provide Morning and Afternoon Tea for the Fantail children, which consists of a variety of dairy, carbohydrates and fruit.
- In their lunchbox they only **require 2 items** for lunch
  1. Something starchy
  2. Something fruity or vegey
- Water only and is provided.  
(drink bottles are not necessary)



# BREAD AND CEREAL IDEAS

- Sandwich or toastie
  - Marmite
  - Sliced meats
  - Mashed egg
- Wraps
- Pita bread
- Bagels, hot cross buns
- Mini pizza
- Savoury or bran muffins
- Rice crackers with hummus
- Plain popcorn
- Pasta bake
- Sushi
- Scones
- Piklets
- Fruit toast



## FRUIT IDEAS

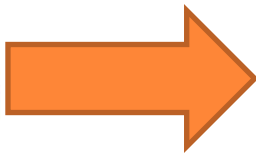
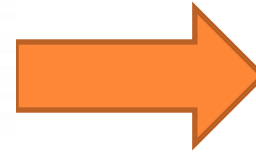
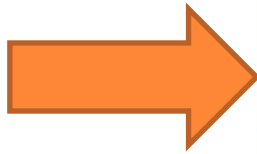
- Seasonal fresh fruit
- Fruit kebab
- Dried fruit
- Baked apple
- Frozen fruit from home
- Grapes
- Banana slices
- Jellied fruit
- Fruit salad

## VEGETABLE IDEAS

- Salad or coleslaw in sandwich/wrap
- Carrot, celery sticks
- Sweet corn cob
- Cheery tomatoes
- Corn fritters



# SWAPS



# CLASSIFYING FOODS AND DRINKS

FOOD FOR UNDER 5'S - THE FOOD AND BEVERAGE CLASSIFICATION SYSTEM (FBCS)

**Everyday foods** are foods from the four main food groups. These foods are the healthiest choices because they:

- are rich sources of nutrients
- contain less saturated fat, sugar and salt
- help to prevent children from consuming too many kilojoules (energy)

**Sometimes foods** still provide nutrients but are more processed than everyday foods. Recommended to restrict these food and drinks by offering these items less often and in small serving sizes. Sometimes foods need to be restricted because they:

- contain moderate levels of saturated fat, salt and sugar
- can contribute to an intake of too many kilojoules (energy)

**Occasional foods** should not be provided because they:

- have minimal nutritional value
- contain significant levels of saturated fat, sugar and/or salt
- usually contribute excess kilojoules (energy)
- These include: confectionary, deepfried foods, energy drinks, soft drinks, flavoured water, sports drinks and any beverages labeled 'not recommended for children'.



## READING LABELS OF PACKETS

**“10, 10, 5 keeps you alive”**  
(Heart Foundation)

Average quality per 100g:

- Less than 10g Fat
  - less than 10g sugar
  - more than 5g dietary fibre
  - sodium/salt should be less than 400mg.
- 
- Compare two products and discover the remarkable differences!





## HELPFUL SUGGESTIONS

- Get your **child involved** in options and preparation
- Use **gladwrap** – children learn self help and fine motor skills to undo
- Be a **role model** – prepare your healthy lunch too
- Be **creative** – use biscuit cutters to make shapes out of sandwiches
- Drop **lemon juice** over cut apple slices to prevent browning
- Instead of musli bars full of sugar, do some home baking with your child
  - *check out our “Recipe of the Month” for ideas*

