

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 
<input type="checkbox"/> 2 serves	<input type="checkbox"/> 1 serve	<input type="checkbox"/> 2 serves	<input type="checkbox"/> 1 serve	<input type="checkbox"/> ¾ serve
<p>Each of the following is 1 serve:</p> <ul style="list-style-type: none"> 1 slice of bread ⅔ cup breakfast cereal ½ cup cooked rice ½ cup cooked pasta 	<p>Each of the following is 1 serve:</p> <ul style="list-style-type: none"> 1 cup of chopped fruit 2 small pieces of fruit 1 medium size piece of fruit 30g dried fruit (occasionally) 	<p>Each of the following is 1 serve:</p> <ul style="list-style-type: none"> ½ cup cooked or raw vegetables 1 cup salad 	<p>Each of the following is 1 serve:</p> <ul style="list-style-type: none"> 250ml milk 40g cheese 2 slices cheese ¾ cup yoghurt 250ml calcium fortified soy milk 	<p>Each of the following is ¾ of a serve:</p> <ul style="list-style-type: none"> 50g cooked red meat 60g cooked chicken 75g fish 1 cup cooked legumes 2 medium eggs
<p>Examples:</p> <ul style="list-style-type: none"> • 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 <p><i>*Choose wholegrain or high cereal fibre varieties.</i></p>	<p>Examples:</p> <ul style="list-style-type: none"> • 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 	<p>Examples:</p> <ul style="list-style-type: none"> • 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 	<p>Examples:</p> <ul style="list-style-type: none"> • 250ml plain milk • 200g fruit yoghurt • ¾ cup custard • 1 cheese triangle/wedge • 2 slices of cheese <p><i>* Choose mostly reduced fat milk and dairy products for children over 2 years of age.</i></p>	<p>Example:</p> <ul style="list-style-type: none"> • 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

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

Morning Tea <ul style="list-style-type: none"> • Milk • 1 banana 	Morning Tea <ul style="list-style-type: none"> • Milk • 2 wheatmeal biscuits with margarine 	Morning Tea <ul style="list-style-type: none"> • Milk • Small apple 	Morning Tea <ul style="list-style-type: none"> • Milk • Cheese triangle/ cubes 	Morning Tea <ul style="list-style-type: none"> • Milk • ½ fruit muffin with margarine
Lunch <ul style="list-style-type: none"> • ½ wholemeal pita bread with ham and salad • ½ cup raw green beans or cucumber chunks • ¼ cup hommus dip • Water 	Lunch <ul style="list-style-type: none"> • Roast beef and salad sandwich • 1 small mandarin and kiwi fruit • Cheese stick • Water 	Lunch <ul style="list-style-type: none"> • Tuna, avocado and lettuce in a wholemeal dinner roll • Small tub yoghurt • ½ cup cherry tomatoes • Water 	Lunch <ul style="list-style-type: none"> • Chicken leg • Dinner roll and margarine • 1½ tablespoons sultanas • Corn cob • Water 	Lunch <ul style="list-style-type: none"> • ½ cup pasta salad, ham and boiled egg • 2 broccoli florets • Bunch of grapes • Water
Afternoon Tea <ul style="list-style-type: none"> • Milk • 2 pikelets 	Afternoon Tea <ul style="list-style-type: none"> • Carrot sticks • ¼ cup hommus dip 	Afternoon Tea <ul style="list-style-type: none"> • 1 fruit scone • Vegetable sticks with tomato salsa dip 	Afternoon Tea <ul style="list-style-type: none"> • Celery, capsicum and cucumber sticks with cream cheese 	Afternoon Tea <ul style="list-style-type: none"> • 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.

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