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To download a copy of this book visit: www.vaccho.org.au/nutrition

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Healthy, deadly lunch boxes!
is supported by the Victorian
Government.



ARTWORK

I used bright colours and a lunch box character targeted at young Koori kids in the hope that it would be eye catching.

I have incorporated illustrations from the five food groups with Koori designs and vibrant colours encouraging kids to recognise and identify healthy food choices.

Shakara Montalto | Gunditjmara



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About this book

Hey my name's Keith Morgan and I'm a Gunai/Kurnai man from Bairnsdale, East Gippsland now living in Melbourne's Northern suburbs. I'm also the proud father of two beautiful girls, Jordie and Willow.



This book has some deadly ideas for a healthy lunch box*. I think it's really important for parents and carers to understand the role that healthy food has on their kids' health. As a father, it's something that I'm always thinking about and it's important for me to lead by example when it comes to healthy eating. I know that's sometimes easier said than done!

Before becoming a father, what I ate probably wasn't the best and

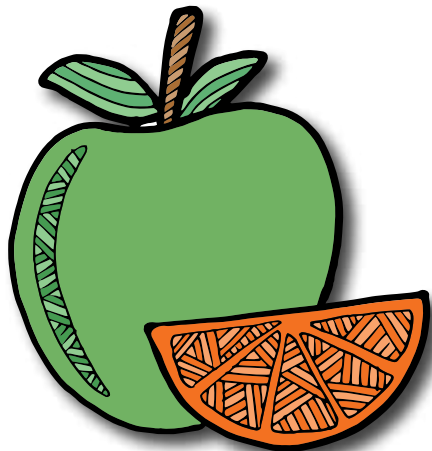
it wasn't something that I really thought about. Since becoming a dad, I believe it's up to us as parents to take responsibility for what our kids eat to ensure they have a healthy body and healthy future.

Hopefully this book gives you a few ideas about healthy tucker for your kids' lunch boxes. These are just a few ideas and there are lots more options out there!

Keith Morgan

Aboriginal Nutrition Promotion Recruit

Victorian Aboriginal Community Controlled Health Organisation



*The information in this book is for children over two years of age.

Packing a healthy, deadly



lunch box!



+ VEGIES

+ TAP WATER



+ GRAIN FOODS

DON'T FORGET DIPS LIKE HONNUS



+ LEAN MEATS AND PROTEIN



+ DAIRY



+ FRUIT



Aboriginal and Torres Strait Islander Guide to **Healthy Eating**

Eat different types of foods from the five food groups every day.



Drink plenty of water.



Healthy packaged snacks

These healthy snacks don't take a lot of time to prepare. When you're short on time, these are healthier choices than some other packaged snacks*.



Plain popcorn



Diced fruit in natural juice



Two dried apricots (put in the lunch box once a week or less often)



Small box of sultanas (put in the lunch box once a week or less often)



Unsalted nuts (check with your school or early childhood service about their policy on nuts and allergies)



Small tin of tuna



Wholegrain crackers



Small tin of sweet corn (salt reduced)



Small tin of baked beans (salt reduced)



Small tin of four bean mix



Plain rice cakes or corn thins



Raisin bread



Cheese (reduced fat)



Plain yoghurt (reduced fat)



Cherry tomatoes

*Some schools who have a litter policy may ask you to put packaged foods into tupperware containers.

Food and drinks to leave out of a lunch box



Sugary drinks like cordial • fruit juices & fruit drinks
• soft drinks • flavoured milk • flavoured waters
• sports drinks



Chocolate bars • muesli bars • snack bars made from
breakfast cereals



Potato chips • dried fruit bars • fruit straps
• Sweet biscuits • lollies • cakes • donuts • chocolate
• chocolate spread • jam • honey



Processed meats like salami • strasburg • kabana.

Healthy food swaps

Foods that we eat have different effects on our bodies.

PROCESSED FOODS

Cakes, lollies, sweet biscuits, potato chips and white bread don't contain many vitamins, minerals or fibre. These foods give kids a short burst of energy, are digested quickly and make kids feel hungry again sooner.

UNPROCESSED FOODS

Multigrain bread, baked beans, fruit and vegies contain lots of vitamins, minerals and fibre. These foods give kids long-lasting energy that helps them to concentrate and feel full for longer.

Some healthy food swap ideas

White bread



Multigrain or wholemeal bread

Potato chips



Carrot sticks with hummus or cherry tomatoes

Fruit drink



Tap water or plain milk (reduced fat for children over 2 years)

Chocolate dessert



Yoghurt (reduced fat for children over 2 years) or custard

Keeping food fresh and safe

Keeping food safe helps to stop the growth of harmful bacteria, which could make your child sick. Here are some tips for safe lunch boxes.



COLD FOOD

- Be careful to keep meat (like ham, chicken and fish), fresh milk, yoghurt, cheese and eggs cold in the lunch box.
- Freeze a water bottle, a tub of yoghurt or pack a small ice pack overnight and place in the lunch box in the morning to keep food cool.
- Long life milk is safe to drink chilled or at room temperature, making it a good choice for the lunch box.
- An insulated lunch box is a good idea.



HOT FOOD

- Use a small thermos for soup and other hot meals like pasta or rice.
- Use leftovers from yesterday
- Put food in piping hot when you put it into the thermos
- Throw food away if not eaten
- Make sure your child can open the thermos



KEEPING THINGS CLEAN

- Wash your hands before preparing food.
- Wash fresh fruits, vegies and salad.
- Wash the lunch box and water bottle in warm soapy water each day. Don't forget to rinse them!

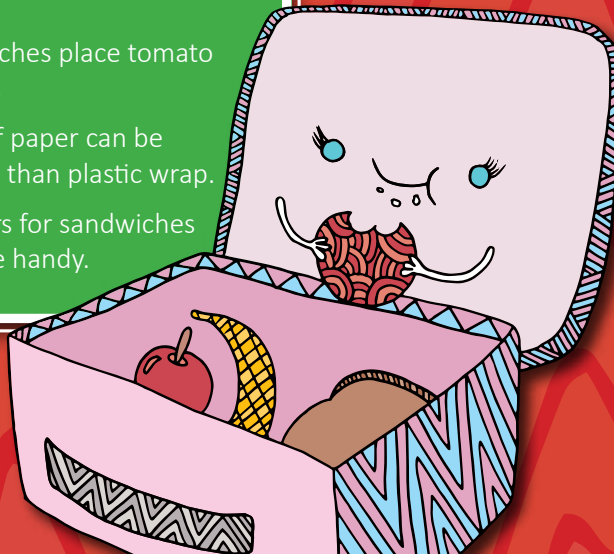


NUTS AND PEANUT BUTTER?

- Unsalted nuts and peanut butter are a healthy snack for kids.
- Some schools and early childhood services have nut free policies to protect people who have severe nut allergies. Check with your school or early childhood service.

Tips

- Make lunches the night before and keep them in the fridge to save time during busy mornings.
- Lemon juice can stop cut fruit like apple and pear from going brown.
- Remember to pack a spoon for yoghurt and diced fruit.
- To avoid soggy sandwiches place tomato between other fillings.
- Baking or grease proof paper can be easier for kids to open than plastic wrap.
- Small plastic containers for sandwiches and vegie sticks can be handy.



Tips for saving money

These tips might help you to save money on foods for the lunch box. Family and friends can also be a great source of money saving ideas!



BUY FOOD IN BULK

- Foods in small packets are more expensive because you pay for the convenience. Food like yoghurt, diced fruit, baked beans, dried fruit and nuts can be bought in large packets and put into small containers for lunch boxes.
- Buy a block of cheese and grate it yourself.
- If you can, stock up on healthy foods when they are on special like rice, tinned beans and veges and frozen veges.
- Leftovers like spaghetti bolognese, stew and rice, tuna bake, tuna patties and meat loaf can make a tasty lunch for kids the next day.

AT THE SHOPS

- Make a shopping list and stick to it
- Buy generic or 'no name' brands
- Don't shop when you're hungry
- Community and fresh food markets are often cheaper than the supermarkets.



FRUIT AND VEGIES

- Buy fruit and vegies in season. These are cheaper and tastier.
- Buy fruit instead of packaged snacks like potato chips and lollies.
- Involve kids in choosing what goes in their healthy lunch box. They're more likely to eat what they've chosen.



AVOID EXPENSIVE FOOD

- Limit take-away foods
- Don't buy sugary drinks. Tap water is free!

Price comparison

**Prices at a major metropolitan supermarket, April 2017*



MEDIUM APPLE

0.53c EACH

\$3.90* /KG



POTATO CHIPS (45G)

\$1.50 EACH

\$33.30* /KG



1

- Tinned fruit in natural juice
- Small corn cob (cooked)
- Celery sticks filled with cream cheese
- Plain milk (reduced fat)
- Lean ham, reduced fat cheese, tomato and lettuce sandwich on wholegrain bread
- Tap water





**Tap water and plain milk
are the best drinks for kids.
Flavoured milk has added sugar.**

2

- Rice cakes or corn thins
- Small tin of baked beans (salt reduced)
- Small corn cob (cooked)
- Snow peas
- Strawberries
- Kiwi fruit (cut up)
- A tub of yoghurt (reduced fat)
- Tap water



3

Healthy foods and drinks are important for healthy teeth.

- A tub of yoghurt (reduced fat)
- Grapes
- An orange (cut up)
- Wholegrain roll with chicken breast, reduced fat cheese, avocado and salad
- Tap water





4

- Hommus dip
- Carrot sticks
- Snow peas
- Strawberries
- Lean ham, reduced fat cheese and tomato sandwich on wholegrain bread
- Plain milk (reduced fat)
- A banana
- Tap water



5

- A tub of yoghurt (reduced fat)
- An apple (cut up)
- Snow peas
- Hommus dip
- Wholegrain crackers
- Capsicum and celery sticks
- Four bean mix
- Tap water





Avoid tinned fruit in syrup. It's high in sugar and can cause tooth decay. Go for tinned fruit in natural juice instead.

6

- Tinned fruit in natural juice
- Plain milk (reduced fat)
- Capsicum sticks and snow peas
- Small corn cob (cooked)
- Wholegrain roll with chicken breast, reduced fat cheese, avocado and salad
- Tap water



7

- A banana
- Carrot sticks
- Beetroot dip
- A boiled egg
- Raisin bread with cream cheese
- Plain milk (reduced fat)
- Tap water





Home brand foods from the 5 food groups are often cheaper than brand names and are just as healthy!

8

- Plain popcorn
- An apple (cut up)
- Small corn cob (cooked)
- Lean ham, reduced fat cheese and tomato sandwich on wholegrain bread
- Plain milk (reduced fat)
- Capsicum and cucumber sticks
- Tzatziki dip
- Tap water



9

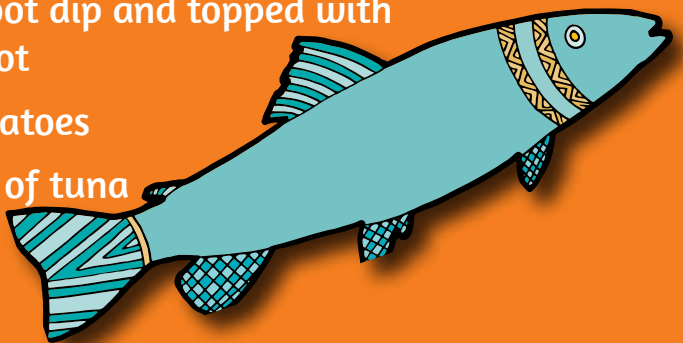
- A small tin of sweet corn (salt reduced)
- Wholemeal pita bread wrap filled with cream cheese, grated carrot, cucumber, capsicum, lettuce and lean ham
- Cherry tomatoes
- An orange (cut up)
- Kiwi fruit (cut up)
- Plain milk (reduced fat)
- Tap water



Dried fruit can leave a sticky coating which can rot teeth. Include dried fruit in the lunch box no more than once a week and in small amounts.

10

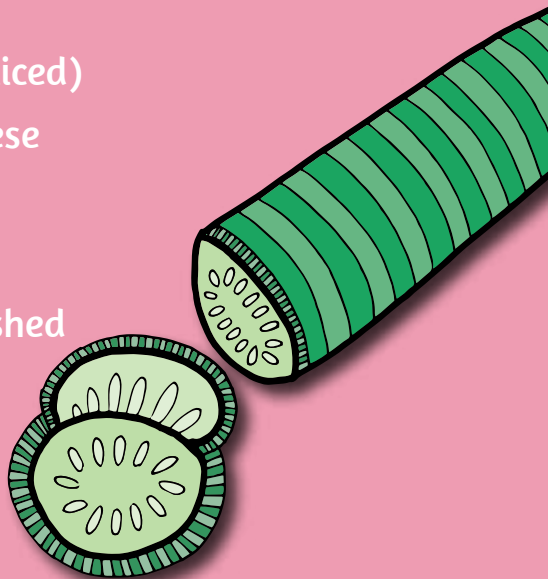
- Custard
- A small amount of dried fruit (e.g. a small box of sultanas or 2 dried apricots)
- Mushrooms (cut up)
- Wholemeal English muffin spread with beetroot dip and topped with grated carrot
- Cherry tomatoes
- A small tin of tuna
- Tap water





11

- Beetroot dip
- Tomato and cucumber (sliced)
- Cubes of reduced fat cheese
- A banana
- Kiwi fruit (cut up)
- Wholegrain roll with mashed hardboiled egg, light mayonnaise and lettuce
- Wholegrain crackers
- Tap water





Most tap water contains fluoride which is deadly because it's good for healthy teeth.

12

- Snow peas
- Strawberries
- Grated cheese (reduced fat)
- Wholegrain roll with mashed hardboiled egg, light mayonnaise and lettuce
- Tzatziki dip
- Carrot sticks
- Tap water



13

- Cucumber and capsicum sticks
- Tinned fruit in natural juice
- Small tin of baked beans (salt reduced)
- Grapes
- Corn thins
- A tub of yoghurt (reduced fat)
- Tap water





Talk about healthy, tasty foods and drinks with your kids and decide what will go in the lunch box together.

14

- Wholemeal pita bread wrap filled with cream cheese, grated carrot, cucumber, capsicum, lettuce and lean ham
- Felafel (usually made from mashed chickpeas)
- Cherry tomatoes
- Wholemeal pita bread cut into triangles
- Hommus dip
- Custard
- An orange (cut up)
- Tap water



15

Go for yoghurts that are low in sugar. Try natural, plain or Greek yoghurts.

- Grapes
- Small tin of baked beans (salt reduced)
- Corn thins
- A small amount of dried fruit (e.g. 5-6 dried apple rings or 2 dried apricots)
- A tub of yoghurt (reduced fat)
- Small corn cob (cooked)
- Tap water



16

- Tinned fruit in natural juice
- Strawberries
- Grated cheese (reduced fat)
- Roast beef slices
- Wholemeal English muffin spread with beetroot dip and topped with lettuce and grated carrot
- Celery sticks
- Tap water





17

- A small tin of sweet corn (salt reduced)
- A boiled egg
- Cherry tomatoes
- Raisin bread with cream cheese
- A tub of yoghurt (reduced fat)
- A mandarin
- Celery sticks
- Tap water





Include plain milk or soy milk with added calcium for healthy bones and teeth.

18

- Snow peas
- Hommus dip
- Four bean mix
- Rice cakes or corn thins with tomato (sliced)
- Plain milk (reduced fat)
- A small amount of dried fruit (e.g. a small box of sultanas or 2 dried apricots)
- Small corn cob (cooked)
- Tap water



19

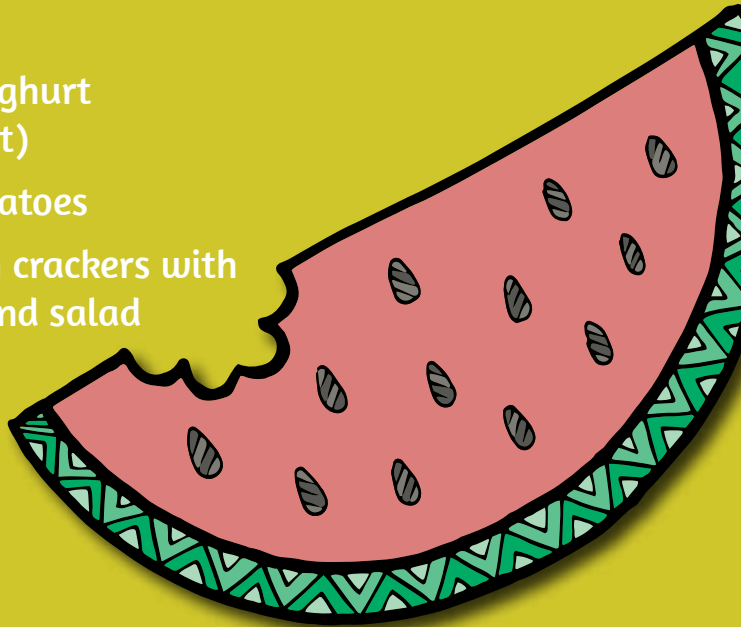
Foods like multigrain bread, oats and wholegrain breakfast cereals have lots of vitamins, minerals and fibre.

- Plain popcorn
- An orange (cut up)
- A tub of yoghurt (reduced fat)
- Roast beef slices
- A slice of wholegrain bread
- Snow peas
- Cherry tomatoes
- Tap water



20

- A banana
- An apple
- A tub of yoghurt (reduced fat)
- Cherry tomatoes
- Wholegrain crackers with lean ham and salad
- Tap water





21

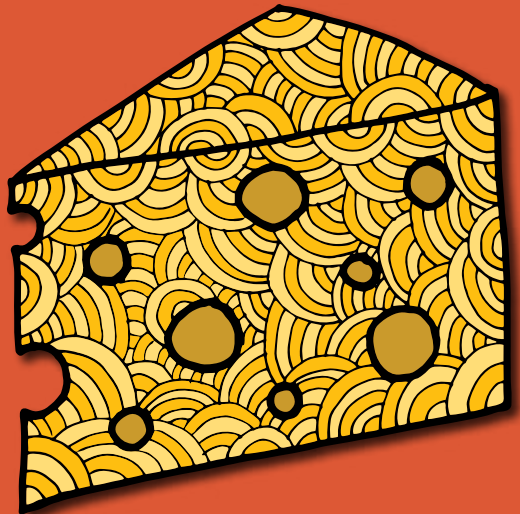
Buy fruit and vegies in season. These are cheaper and tastier.

- Custard
- A mandarine
- Cucumber sticks
- Capsicum sticks
- Felafel (usually made from mashed chickpeas)
- Cubes of reduced fat cheese
- Wholemeal pita bread cut into triangles
- Hommus dip
- Tap water



22

- Carrot and celery sticks
- Hommus dip
- Cubes of reduced fat cheese
- A boiled egg
- Wholegrain bread spread with avocado
- A mandarine
- Strawberries
- Tap water





23

Avoid lollies, chocolate, dried fruit bars and straps, fruit juices, fruit drinks, cordials and soft drinks. These foods and drinks can cause tooth decay.

- Custard
- A mandarine
- Strawberries
- Small corn cob (cooked)
- Small tin of baked beans (salt reduced)
- Celery sticks filled with cream cheese
- A wholemeal English muffin
- Tap water

Further information

Check out these websites for more healthy lunch box ideas!

Healthy, deadly lunch boxes! and Tucker Talk Tip Sheet for kids – Healthy lunch box ideas

www.vaccho.org.au/nutrition
VACCHO

The Complete Lunchbox

<https://livelighter.com.au/LiveLighter-for-Families/At-School/Lunchbox>
LiveLighter

Healthy eating – school lunches

www.betterhealth.vic.gov.au/health/healthyliving/healthy-eating-school-lunches

Better Health Channel

Packed with Goodness: lunchbox ideas for busy parents and carers

https://livelighter.com.au/Assets/resource/booklet/Packed-with-goodness_FINAL_2016.pdf

LiveLighter

Healthy lunchbox Pick & Mix poster

<http://heas.health.vic.gov.au/schools/healthy-lunchboxes>

Healthy Eating Advisory Service

Balancing the Lunchbox

<http://www.goodforkids.nsw.gov.au/early-childhood-services/healthy-eating/>

Hunter New England Local Health District

Kids Snacks and Lunches Recipe Leaflet

www.marketfresh.com.au/wp-content/uploads/2016/07/Kids_Snacks_and_Lunches_LR.pdf

Melbourne Markets

Lunch Box Ideas and Healthy Lunchbox Posters

www.healthykids.nsw.gov.au/parents-carers/healthy-eating-and-drinking/lunch-box-ideas.aspx

Healthy Kids

Packing a healthy lunchbox

www.nutritionaustralia.org/national/resource/whats-lunch

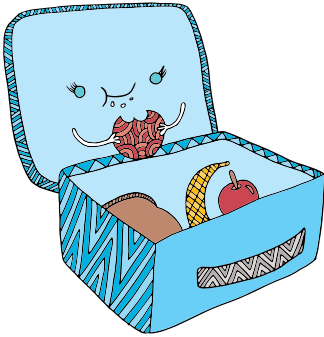
Nutrition Australia

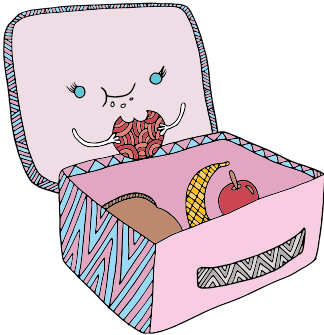
Pack your child a Healthy Lunchbox poster and Healthy Lunchbox Snacks Poster

www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources.aspx

Munch & Move

What are your healthy, deadly ideas for a boorai's lunch box?







Tip

Q My child doesn't eat all the food in their lunch box. What can I do?

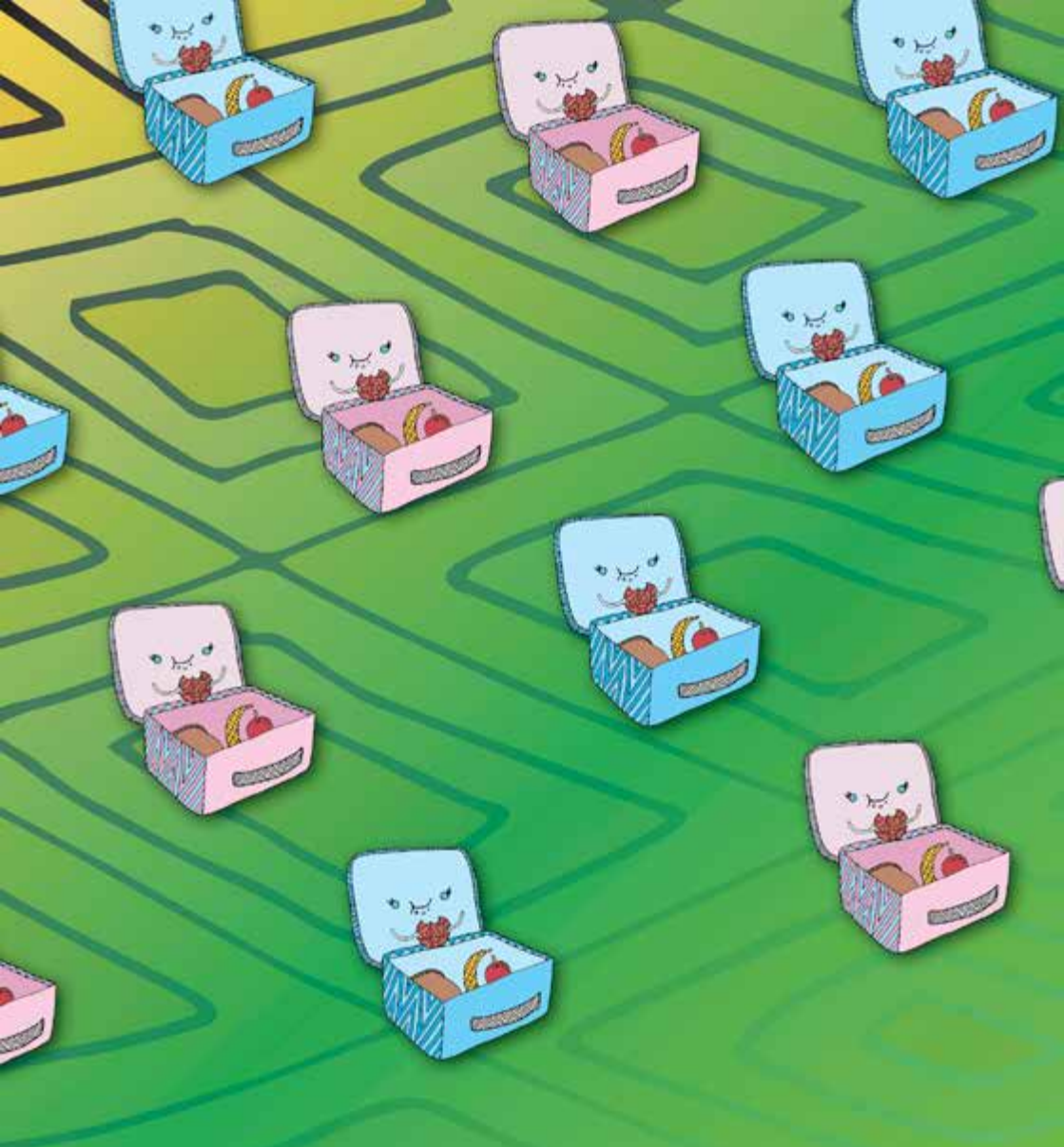
A Ask your child to empty their lunch box when they get home and see if they want it for an afternoon snack.

Draw your own healthy, deadly lunchbox



Tip

Kids might not eat food from their lunch box for all sorts of reasons. Try getting them to help you make up their lunch boxes as they're more likely to eat their food if they helped make it.



Healthy, deadly lunch boxes!

DEADLY IDEAS FOR A HEALTHY LUNCH BOX



Victorian Aboriginal Community Controlled Health Organisation is the peak body for the health and wellbeing of Aboriginal people living in Victoria.
vaccho.org.au

