

# Grab 'n Go School Lunchbox Shopping List

## Fresh vegies

- Baby cucumbers
- Baby carrots
- Snow peas
- Raw green beans
- Sugar snap peas
- Cherry tomatoes
- Baby spinach
- Salad mix
- Celery\*
- Carrots\*
- Cucumbers\*
- Capsicums\*
- Tomatoes\*
- Corn on the cob\*
- Lettuce\*

## Fresh fruit

- Bananas
- Apples
- Mandarin
- Pears
- Peaches
- Nectarines
- Kiwi fruit
- Grapes
- Blackberries
- Strawberries
- Raspberries
- Blueberries
- Mango\*
- Oranges\*
- Watermelon\*
- Rockmelon\*
- Honeydew melon\*

## Canned goodies

- Fruits in natural juice
- Baby corn
- Corn kernels
- Vegetable soup (reduced salt)\*
- Baked beans (reduced salt)
- Tuna (in spring water)
- Salmon (in spring water)
- Tuna and bean mix
- Chickpeas
- Kidney beans
- 4 bean mix

## Fridge and deli

- Plain or flavoured yoghurt tubs
- Cheese sticks
- Cheese slices
- Cream cheese
- Plain or flavoured milk
- Hummus
- Lean sliced meat\*
- Eggs\*
- BBQ chicken (no skin)

## Pantry and bakery

- Long life plain or flavoured milk poppers
- Plain air-popped popcorn\*
- Sultana packs (single serve)
- Diced fruit cups
- Precooked plain rice packets
- Wholemeal/ wholegrain bread or wraps
- Raisin bread
- Pikelets
- English muffins
- Wholegrain rice crackers / crispbreads

\*These items require minimal preparation

## Tips

- Choose vegies and fruit in season, and those with natural packaging e.g. bananas, mandarins, baby cucumbers
- Frozen fruits and vegies are just as nutritious as fresh
- Help the environment and save money - buy products in bulk when on sale
- Add a frozen water bottle / ice block to keep lunchbox cool
- Look for the Healthier Choices Canberra logo while you're out

# My healthy lunchbox

Mix and match a food from each food group to make a healthy lunchbox

  
**Grains**

Choose mostly wholegrain options. The slow release energy will provide nutrients for concentration in the classroom as well as lots of energy for playtime.

  
**Protein**

Include protein that is unprocessed, as processed meats such as devon, chicken loaf and salami are often high in fat and salt and can be lacking in nutrients.

  
**Veggies**

Always add veggies to the lunchbox to make sure your kids are getting all the nutrients they need. Add grated veggies to sandwiches, or veggie sticks to munch on.

  
**Fruit**

Include a piece of fruit everyday. They are full of vitamins, minerals, fibre and more! Try cutting fruit into bite size pieces or making fruit salad.

  
**Snack**

Healthy snacks help kids refuel between meals. The healthiest snacks are based on fruits, vegetables, dairy and wholegrains.



Wholegrain wrap



Lean chicken breast



Lettuce



Grapes



Carrot sticks



Wholegrain bread



Low-fat cheese



Potato



Cut orange wedges



Cherry tomatoes



Wholegrain crackers



Hummus dip



Celery sticks



Strawberries



Low-fat milk



Brown rice



Tuna



Leftover cooked peas and carrot



Banana



Low-fat yoghurt



Wholegrain pasta



Boiled egg



Salad



Apple



Unsalted popcorn

**Make the change** ↻ ↺

It's easy to pack a nutritious lunch with no throw-away packaging



Reusable containers



Beeswax wrap



Fabric wrap



Drink bottle



Reusable cutlery



Reusable lunchbox



Natural skin