

# 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><b>Each of the following is 1 serve:</b></p> <ul style="list-style-type: none"> <li>1 slice of bread</li> <li>⅔ cup breakfast cereal</li> <li>½ cup cooked rice</li> <li>½ cup cooked pasta</li> </ul>	<p><b>Each of the following is 1 serve:</b></p> <ul style="list-style-type: none"> <li>1 cup of chopped fruit</li> <li>2 small pieces of fruit</li> <li>1 medium size piece of fruit</li> <li>30g dried fruit (occasionally)</li> </ul>	<p><b>Each of the following is 1 serve:</b></p> <ul style="list-style-type: none"> <li>½ cup cooked or raw vegetables</li> <li>1 cup salad</li> </ul>	<p><b>Each of the following is 1 serve:</b></p> <ul style="list-style-type: none"> <li>250ml milk</li> <li>40g cheese</li> <li>2 slices cheese</li> <li>¾ cup yoghurt</li> <li>250ml calcium fortified soy milk</li> </ul>	<p><b>Each of the following is ¾ of a serve:</b></p> <ul style="list-style-type: none"> <li>50g cooked red meat</li> <li>60g cooked chicken</li> <li>75g fish</li> <li>1 cup cooked legumes</li> <li>2 medium eggs</li> </ul>
<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• 3 wholegrain crispbreads</li> <li>• ½ bread roll</li> <li>• ½ pita pocket bread</li> <li>• ½ fruit muffin</li> <li>• 2 thick rice cakes</li> <li>• 3 corn thins</li> <li>• 1 slice fruit loaf</li> <li>• 5 water crackers</li> <li>• 2 pikelets</li> <li>• 1 small fruit scone</li> <li>• 10 rice crackers</li> <li>• ½ cup cooked pasta spirals</li> </ul> <p><i>*Choose wholegrain or high cereal fibre varieties.</i></p>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• 1 medium banana</li> <li>• 1 medium bunch of grapes</li> <li>• 2 mandarins</li> <li>• 2 kiwi fruit</li> <li>• 1 medium orange</li> <li>• 1½ tablespoons sultanas</li> <li>• 1 medium pear</li> <li>• 2 small apricots</li> <li>• 2 small plums</li> <li>• 4 dried apricot halves</li> <li>• 6 large strawberries</li> </ul>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• ½ corn cob</li> <li>• ½ cup green beans</li> <li>• ½ medium potato</li> <li>• 1 cup cucumber sticks</li> <li>• 1 cup halved cherry tomatoes</li> <li>• 1 cup carrot sticks</li> <li>• ½ cup broccoli florets</li> <li>• ½ cup 4 bean mix</li> <li>• ¼ cup hommus</li> </ul>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• 250ml plain milk</li> <li>• 200g fruit yoghurt</li> <li>• ¾ cup custard</li> <li>• 1 cheese triangle/wedge</li> <li>• 2 slices of cheese</li> </ul> <p><i>* Choose mostly reduced fat milk and dairy products for children over 2 years of age.</i></p>	<p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• ¾ cup baked beans</li> <li>• 50g lean ham</li> <li>• ¼ chicken breast in strips</li> <li>• 2 small meatballs</li> <li>• 2 medium boiled eggs</li> <li>• 1 chicken drumstick</li> <li>• 1 small 75g tin tuna or salmon</li> <li>• 1 slice of cold roast meat</li> <li>• 130g tofu</li> </ul>

### 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.