

# Lunchbox Checklist for Food Brought from Home for Preschool (services open for less than 8 hours a day)

## A Guide for Families

Use this checklist to help provide nutritious food each day if your child is in care for less than eight hours.

This usually includes morning tea and lunch.

The recommended number of serves from each food group, while in care, is provided below.

Food Group	How much food should I pack for my child at preschool
	Meal/snack breaks: morning tea and lunch only
<p><b>Wholegrain cereal foods and breads</b></p> <p><i>Each of the following is 1 serve:</i></p> <ul style="list-style-type: none"> <li>★ 1 slice of bread                      ★ ½ cup cooked rice</li> <li>★ ⅔ cup breakfast cereal            ★ ½ cup cooked pasta</li> </ul>	<p><b>2 serves</b></p> <input type="checkbox"/>
<p><b>Fruit</b></p> <p><i>Each of the following is 1 serve:</i></p> <ul style="list-style-type: none"> <li>★ 1 cup chopped fruit              ★ 30g dried fruit</li> <li>★ 2 small pieces of fruit            <i>(only occasionally)</i></li> <li>★ 1 medium size piece of fruit</li> </ul>	<p><b>1 serve</b></p> <input type="checkbox"/>
<p><b>Salad, vegetables or legumes</b></p> <p><i>Each of the following is 1 serve:</i></p> <ul style="list-style-type: none"> <li>★ ½ cup cooked or raw vegetables</li> <li>★ 1 cup salad</li> <li>★ ½ cup baked beans or lentils</li> </ul>	<p><b>1 serve</b></p> <input type="checkbox"/>
<p><b>Dairy foods or high calcium alternatives</b></p> <p><i>Each of the following is 1 serve:</i></p> <ul style="list-style-type: none"> <li>★ 250ml milk                          ★ ¾ cup yoghurt</li> <li>★ 40g cheese                          ★ 2 slices cheese</li> <li>★ 250ml calcium fortified soy milk</li> </ul> <p><i>Choose mostly reduced fat milk and dairy products for children over 2 years of age</i></p>	<p><b>½ a serve</b></p> <input type="checkbox"/>
<p><b>Lean meats, chicken, fish, eggs and alternatives</b></p> <p><i>Each of the following is ¾ of a serve:</i></p> <ul style="list-style-type: none"> <li>★ 50g cooked red meat              ★ 60g cooked chicken</li> <li>★ 75g fish                                ★ 2 medium eggs</li> <li>★ 1 cup cooked legumes</li> </ul>	<p><b>¾ a serve</b></p> <input type="checkbox"/>

# Lunchbox Checklist for Food Brought from Home for Preschool (services open for less than 8 hours a day) cont.

## Lunchbox Ideas

The following sample lunchbox guide provides the recommended number of serves from each of the 5 food groups.

### KEEP LUNCHES COLD!

Use an insulated lunch bag and pack a frozen ice brick

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Morning Tea</b>	<ul style="list-style-type: none"> <li>• milk</li> <li>• 1 slice fruit loaf</li> <li>• celery sticks with cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>• milk</li> <li>• carrot sticks and hommus dip</li> </ul>	<ul style="list-style-type: none"> <li>• milk</li> <li>• 1 mandarin</li> <li>• 2 pikelets</li> </ul>	<ul style="list-style-type: none"> <li>• milk</li> <li>• ½ cup cherry tomatoes</li> <li>• small fruit scone</li> </ul>	<ul style="list-style-type: none"> <li>• milk</li> <li>• cucumber sticks</li> <li>• wholegrain crackers with cheese</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 1 pita bread with chicken and salad</li> <li>• 1 banana</li> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• macaroni ham and cheese with peas and corn</li> <li>• 1 apple</li> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 egg and lettuce sandwich</li> <li>• cob of corn</li> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• tuna, avocado and lettuce in a wholemeal roll</li> <li>• 4 dried apricots</li> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• roast beef and salad sandwich</li> <li>• bunch of grapes</li> <li>• water</li> </ul>

## Healthy Lunch and Snack Ideas

Fruit	Vegetables
<ul style="list-style-type: none"> <li>• Whole fruit (wrap in a piece of paper towel or serviette to help cushion them from bruising)</li> <li>• Fresh fruit pieces (store in a small plastic container with a well-fitting lid)</li> <li>• Diced fruit pack or canned fruit in natural juice (don't forget to pack a spoon)</li> <li>• Dried fruit – <i>only occasionally</i></li> </ul>	<ul style="list-style-type: none"> <li>• Pack salads or chopped vegetables in a small container or snap-lock bag</li> <li>• Add grated vegetables (carrot/zucchini) to muffins or sandwiches</li> <li>• Add baked beans to a roll or sandwich, or serve in a small container with a spoon</li> <li>• Cold cooked vegetables e.g. baked potato/carrot, or corn cob</li> <li>• Cherry and grape tomatoes</li> <li>• Cucumber sticks</li> <li>• Dips with veggie sticks (carrot, cucumber, celery)</li> <li>• Salad on sandwiches, rolls or wraps (non-moist fillings – carrot, lettuce, capsicum, cucumber)</li> </ul>

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Wholegrain cereal foods and breads (high fibre varieties)	Sandwich fillings
<ul style="list-style-type: none"> <li>• Muffins – make with added mashed or diced fruits or grated vegetables</li> <li>• Fruit loaf or bun</li> <li>• Bread sticks</li> <li>• Scones – plain, fruit or vegetable based</li> <li>• Pikelets</li> <li>• Plain popcorn</li> <li>• Breakfast biscuits</li> <li>• Pita chips – cut pita bread into triangles, sprinkle with grated cheese and bake in moderate oven until crispy (store in airtight container)</li> <li>• Pita bread rolled up with lettuce, tomato, cucumber, hommus</li> <li>• Small sandwich – try cutting into shapes or strips</li> <li>• Homemade pizza – Lebanese bread with tomato paste, vegetables and cheese</li> <li>• Wholegrain crispbread and Vegemite™</li> <li>• Wholemeal crackers and sliced cheese</li> <li>• Rice cakes and reduced fat cream cheese or Vegemite™</li> <li>• Pasta or rice salad</li> <li>• Breads – sandwiches / rolls / Turkish bread / pita bread / wraps</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced meat, shredded lettuce and chutney</li> <li>• Cottage cheese, chopped apple and dates</li> <li>• Mashed egg and lettuce</li> <li>• Salmon, bean sprouts and chopped celery</li> <li>• Tuna, mayonnaise and tomato</li> <li>• Baked beans (drained), lettuce and grated cheese</li> <li>• Avocado and chicken</li> <li>• Asparagus, ham and cheese</li> <li>• Turkey with cranberry sauce</li> <li>• Grated apple, ricotta cheese and raisins</li> <li>• Cottage cheese and cucumber</li> <li>• Left over roast meat and mustard</li> <li>• Cheese and sultanas</li> </ul>
Dairy foods	Lean meats or alternatives
<ul style="list-style-type: none"> <li>• Small tub of yoghurt or custard</li> <li>• Rice puddings</li> <li>• Cheese stick or triangle</li> <li>• Grated cheese on a sandwich or wrap with salad</li> <li>• Sliced or cubed cheese with vegetable sticks/ crackers</li> <li>• Plain milk or calcium fortified soy milk</li> </ul> <p><b>Choose mostly reduced fat products for children over 2 years of age</b></p>	<ul style="list-style-type: none"> <li>• Add to sandwiches – ham, chicken, egg, salmon, tuna, baked beans</li> <li>• Hard boiled egg</li> <li>• Canned bean mix in pasta salad</li> <li>• Leftover cold roast meats</li> <li>• Small chicken drumsticks</li> <li>• Meat balls</li> <li>• Lentil or chick pea soup</li> </ul> <p><b>Avoid fatty meats such as salami, devon and chicken loaf.</b></p>