

When packing a lunchbox, **mix 'n' match** a variety of foods from each of the **five food groups**



1 Grain foods

- Wholemeal, multigrain and high fibre white breads and rolls
- Wraps and pita pockets
- Focaccias and Turkish bread
- Fruit bread
- English muffin
- Pasta, noodles and rice
- Quinoa and cous cous
- Crispbreads and corn cakes
- Wholegrain crackers
- Crumpets
- Bagels

2 Vegetables

- Cherry tomatoes
- Celery, capsicum, cucumber or carrot sticks
- Corn cob and baby corn spears
- Air popped popcorn
- Green beans, snow peas and sugar snap peas.
- Mixed lettuce
- Leftover cooked vegetables
- Lentils, chickpeas and kidney beans

Try serving crunchy vegies with hummus, tzatziki or salsa

3 Fruit

- Fresh fruit
- Frozen fruit
- Tub of diced fruit (in natural juice)
- Fruit puree
- Sultanas, apricots or other dried fruits
- Fruit salad

4 Milk, yoghurt and cheese

- Tub of yoghurt
- Cheese stick, slices or cubes
- Custard
- Tetra pack of milk, flavoured or plain
- Calcium fortified soy or other plant based milks

Choose reduced fat varieties

5 Meat and alternatives

- Lean chicken, beef, lamb, pork or turkey
- Hardboiled egg
- Canned tuna or salmon in spring water
- Lentils, chickpeas and kidney beans
- Baked beans
- Falafel balls
- Tofu cubes



Don't forget to pack water every day!

Pack a frozen water bottle to help keep your lunch cool

Check out the [ACT Nutrition Support Service](http://www.actnss.org) website www.actnss.org for more recipes and ideas to fill your lunchbox