

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
- ☐ Yoghurt pouches
- ☐ 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

Tips

- Choose vegies and fruit in season
- Frozen fruits and vegies are just as nutritious as fresh
- Stock up on dry goods when on sale
- Choose reduced fat dairy
- Add a frozen water bottle / ice block to keep lunchbox cool
- Look for the Healthier Choices Canberra logo while you're out

*These items require minimal preparation

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.



Wholegrain wrap



Wholegrain bread



Wholegrain crackers



Brown rice



Wholegrain pasta

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.



Lean chicken breast



Low-fat cheese



Hummus dip



Tuna



Boiled egg

Vegies

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



Lettuce



Potato



Celery sticks



Leftover cooked peas and carrot



Salad

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.



Grapes



Cut orange wedges



Strawberries



Banana



Apple

Snack

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



Carrot sticks



Cherry tomatoes



Low-fat milk



Low-fat yoghurt



Unsalted popcorn