

NAQ Nutrition's guide for

Packing a School Lunchbox



1. A healthy meal that includes salad or vegetables



2. A healthy snack:

Yoghurt
Cheese & crackers
Homemade muffins
Homemade pikelets
Long life milk popper
Plain popcorn
Veggies & hummus

3. Fruit

Make it interesting:

- **Variety**
- **Cut up fruit**
- **Fruit salad**
- **Fruit kebabs**
- **Fruit shapes**

4. A water bottle



Keep it cool

Add an ice brick or frozen drink bottle.
Use in a cooler bag.

Plan ahead

Meals and snacks can be made in advance and frozen.

Get the kids

involved
in packing their own lunch.