

Healthy Lunch Tips

Choose whole foods for a healthy lunch

Choose a selection of fruits, vegetables, dairy, bread, lean meat and eggs to give you the energy, vitamins, minerals and fibre you need to concentrate, learn and feel good every day.

Healthy choices

Prepare in advance or purchase healthy options



Vegetable frittata
slices/muffins



Rice paper rolls
filled with salad



Sushi or nori rolls
filled with vegetables



Mini pizzas made with
wholemeal muffins



Pasta or rice salad
with raw vegetables



Tuna with salad



Corn fritters

Sandwiches and wraps

Try a healthy fresh sandwich or wrap with lots of vegetables



Wholemeal or
wholegrain wrap



Wholemeal or
wholegrain bread



Tomato



Avocado



Capsicum



Carrot



Baby spinach



Sprouts



Cucumber



Mushroom



Reduced fat
cheese



Boiled egg



Tinned four bean mix



Baked beans



Lean turkey, chicken,
ham, lamb, beef



Tuna, salmon
(tinned in spring water)



Falafel

Snack ideas

Try some of these quick and tasty ideas when you're preparing your lunch



Plain popcorn
with cinnamon



Pikelets



Natural untoasted
muesli, yoghurt & fruit



Reduced fat yoghurt



Fresh fruit



Corn or rice cakes with
hummus or tzatziki



Boiled egg



Fruit or vegetable
based mini muffins



Seeds



Veggie sticks with dip
(eg. tzatziki, hummus)



Unsalted nuts



Wholegrain crackers,
low fat cheese & tomato



Dried fruit



Celery with
peanut butter



Mixed vegetables



Crumpets



Fruit skewers



Smoothies with fruit
& reduced fat milk



Homemade low added
sugar banana bread



Raisin bread



Low sugar
breakfast cereal

Lunch box food safety



Insulated lunch box

Make sure your lunch box remains cool to reduce the risk of bacteria growth, allowing you to safely store food out of the fridge for longer, without getting sick.

Here are some food safety tips for a healthy lunch box

1. Choose an insulated lunch box, one with a freezer pack or include a wrapped frozen water bottle to keep the food cool.
2. Make sure you prepare your food safely and hygienically, wash your hands with soap and water before handling. This is important when the food will be stored in the lunch box for many hours before eating.
3. Prepare your lunch box the night before and store it in the refrigerator or the freezer to keep it fresh.
4. Foods like dairy products, eggs and meat should be kept cool and eaten within four hours of preparation. Cool hot food before placing it in your lunch box. If you cool the food down in the refrigerator overnight, it will not grow bacteria.

Drinks



Water

Water is the best choice as it keeps you hydrated. Why not freeze it overnight to keep your lunch cool during the day.

Try adding a few slices of fruit or vegetables for flavour

- Lemon and cucumber slices
- Raspberries and lime slices
- Orange slices and blueberries
- Strawberries and orange slices



You can choose reduced fat milk as your dairy option



Reduced fat milk

Healthy lunch ideas



Italian noodle jar



Turmeric salmon cakes



Avocado, chicken and cucumber sandwich



Mexican bean and rice salad