

Healthy Lunchbox Challenge

Circle the foods you would like to have in your school lunch box

Breads

- Baguette
- Crackers
- Focaccia
- Pita bread
- Pizza bread
- Rice cakes
- Rolls
- Sandwich bread
- Tortillas/wraps

Spreads

- Hommus
- Honey
- Jam
- Vegemite
- Sauce
- Mayonnaise
- Pesto

Other grains

- Pasta
- Rice
- Couscous
- Quinoa

Snacks

- Dried fruit
- Popcorn
- Yoghurt
- Rice crackers
- Soya crisps
- Dip and crackers

Protein

- Egg
- Chicken
- Tuna
- Tofu
- Ham
- Beef

Vegetables

- Asparagus
- Carrots
- Lettuce
- Avocado
- Cucumber
- Tomato (fruit)
- Sprouts
- Capsicum
- Broccoli
- Celery
- Eggplant
- Green beans
- Mushrooms
- Snow peas
- Spinach
- Zucchini

Fruits

- Apples
- Apricots
- Pears
- Bananas
- Blueberries
- Cherries
- Cranberries
- Dates
- Figs
- Mango
- Pawpaw
- Pears
- Prunes
- Raisins
- Grapefruit
- Grapes
- Kiwifruit
- Melon
- Nectarines
- Oranges
- Mandarins
- Peaches
- Pineapple
- Plums
- Raspberries
- Strawberry

Adapted from family transition information at St Anthony's Catholic Primary School, Millicent.

Wipe Out Waste is a program of Green Industries SA delivered by KESAB environmental solutions.

Other **HEALTHY** lunch box suggestions:

If we eat the foods that we like, there is less food going to waste, we have healthier eating habits, and parents can save money on buying unnecessary foods.

Fill in the table with the foods that you would like in your lunchbox, whether you could make or do this part yourself, and how it could be brought to school with the least amount of packaging.

Food Type	How could I help	How to take it to school
<i>Eg. Salad wrap – cheese, lettuce, carrots, cucumber, sprouts, avocado</i>	<i>Eg. Get ingredients out, grate the carrots</i>	<i>Eg. In a reused takeaway container</i>

Compare these three lunchbox snacks and then add your own favourites. We've filled in some of the blanks for the first three examples – you can fill in the gaps!

Type of food	Time taken to prepare	Type of packaging	Materials leftover	What you can do with leftovers
Apple			Core	Compost
Yoghurt				
Chips		Plastic bag		

Develop a ranking system to decide which foods are healthiest for you and the environment, and share this with your class and parents through newsletters or assembly presentations.