FOR A HEALTHY LUNCHBOX SOMETHING FROM EACH GROUP 1-6!

1. FRUIT
2. VEGETABLES
3. MILK, YOGHURT AND CHEESE
4. MEAT OR MEAT ALTERNATIVE
5. GRAIN AND CEREAL FOOD
6. WATER

Developed in conjunction with the Healthy Together Achievement Program to support a whole-school approach to healthy eating. Healthy Together Victoria is improving the health of Victorians, funded by the Victorian Government.
# FOR A HEALTHY LUNCHBOX

**PICK & MIX**

**SOMETHING FROM EACH GROUP 1-6!**

## FRUIT
- Fresh fruit
- Fruit kebabs
- Dried fruit, nuts, popcorn mixes

## VEGETABLES
- Fresh crunchy veggies
- Salads
- Baked items
- Soup

## MILK, YOGHURT AND CHEESE
- Can serve with:
- Tip:

## MEAT OR MEAT ALTERNATIVE
- Can serve with:
- Tinned tuna or salmon in springwater
- Lean roast or grilled meats
- Lean meat or chicken patties
- Lentil patties
- Lean dell meats
- Boiled eggs
- Baked beans (canned)
- Ham, silverside, chicken
- Beef
- Ham, chicken
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad
- Vegetable frittata
- Skinniest chicken drumsticks
- Savoury muffins or scones (e.g., lean ham, cheese and cheddar)
- Homemade pizzas with lean roast or dell meats and vegetables

## GRAIN AND CEREAL FOOD
- Can serve with:
- Mains
- Savory baked items
- Snacks

## WATER
- Tip:

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For more information about healthy eating and for many tasty recipes, visit the Healthy Eating Advisory Service: [www.heas.healthytogether.vic.gov.au](http://www.heas.healthytogether.vic.gov.au).

*Check your school’s policy regarding the use of nuts and products containing nuts.*