

Good for kids
good for life



Balancing the Lunchbox

Lunchbox ideas for children aged 1-5 years



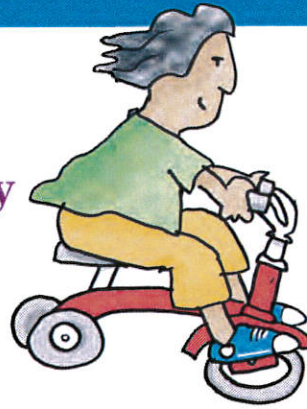
www.goodforkids.nsw.gov.au

Live Life  well

NSW HEALTH
HUNTER NEW ENGLAND
AREA HEALTH SERVICE

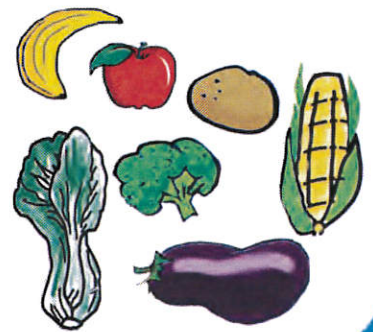
What is good for kids

- 1** Get active, get out & play
One hour a day



- 2** Drink H₂O, think water first
Drink more water and less juice & fizz

- 3** Eat more fruit & vegies
Fruit & vegies make easy, healthy snacks



Vegetable Slice

15 minutes preparation + 30-40 minutes cooking. Serves 8

Ingredients

8 eggs
60g plain flour
1 cup zucchini, grated and drained
½ cup sweet corn kernels
1 cup grated carrot
¼ cup fresh chopped chives (optional)
80g grated reduced fat cheese*

Procedure

Preheat oven to 180° C.
Beat eggs and flour together until smooth.
Add zucchini, corn, carrot, chives and combine.
Pour into a dish lightly brushed or sprayed with oil. Top with cheese.
Bake for 30-40 minutes until set.

Each serve includes

1 serve of bread/cereals/rice/pasta
1 serve of meat and meat alternative
1 serve of vegetables
½ serve of dairy or dairy alternative
Double the recipe to increase the number of serves

Mini Ham & Pineapple Pizza

15 minute preparation Serves 4

Ingredients

2 English muffins
¼ cup of tomato paste
100g ham
200g pineapple pieces, tinned
80-100g of grated reduced fat cheese*

Procedure

Preheat oven to 200° C.
Split muffins in half and toast.
Spread with tomato paste.
Sprinkle with ham and pineapple.
Top each muffin with grated cheese.
and place in a hot oven for 10 minutes and serve.

Each serve includes

1 serve of bread/cereal/rice/pasta
1 serve of fruit
½ serve of dairy
1 serve of meat/meat alternatives
Double the recipe to increase the number of serves

Variation

Extra toppings can be added, e.g. sliced onion and sliced capsicum, at the same time as the ham and pineapple.

Chicken Salad Wrap

10 minute preparation Serves 4

Ingredients

2 medium tortillas
150g of thinly sliced cooked chicken breast
2 large lettuce leaves, washed and dried
1 cup reduced fat cottage cheese*
1 large ripe tomato, chopped
¼ red onion chopped
1 small Lebanese cucumber, chopped

Procedure

Place tortillas on a board and lay a lettuce leaf on each
Then top with chicken, cheese, tomato, onion and cucumber
Wrap one end of the tortilla enclosing the filling then fold over the side
To finish cut each tortilla in half

Each serve includes

1 serve of bread/cereals/rice/pasta
1 serve of meat or meat alternative
2 serve of vegetables
1 serve of dairy

Double the recipe to increase the number of serves

Pinwheel Sandwich

10 minutes preparation Serves 4

Ingredients

4 slices sandwich bread, crusts removed
1 can of creamed corn
1 large slice of thinly shaved lean ham
1 small carrot, peeled and grated
1 small cucumber, peeled and sliced into long strips
1 large can of tuna in spring water, drained, flaked
40g of grated reduced fat cheddar cheese*
2 iceberg lettuce leaves

Procedure

Use a rolling pin to flatten out each slice of bread
Spread creamed corn over 2 slices of bread
Place the grated carrot, cucumber, cheese and ham on top
Roll up each slice of bread to enclose filling and cut the sandwich into 3 rounds
Place the lettuce over the remaining 2 slices of bread
Top with grated carrot, tuna and grated cheese

Each serve includes

1 serve of bread/cereals/rice/pasta
1 serve of meat or meat alternative
1 serve of vegetables
½ serve of dairy or dairy alternative

Double the recipe to increase the number of serves

What to pack in the lunchbox

Children should meet 50% of their daily nutrient requirements while in care

HOURS IN CARE	< 8	8	> 8
Vegetable serves	1-2 [#]	2-4 [#]	3-5 [#]
Fruit serves	1	1	1
Dairy serves	2	3	3
Meat and meat alternative serves	1	1	1
Breads, cereals, rice, pasta, and noodle serves	2-3 [#]	2-4 [#]	3-5 [#]








This table identifies the number of serves of each food group your child should be getting each day depending on the number of hours your child is in care.

[#] Children aged 2 years and younger should be provided with the number of serves at the lower end of the range. Children aged 3 years and over should be provided with the number of serves at the upper end of the range.












What is a serve size?

Each picture is equivalent to half a standard adult serve which is a Good for Kids 'child size' serve.
Serving sizes are based on the Australian Guide to Healthy Eating.

Meat and Meat Alternatives

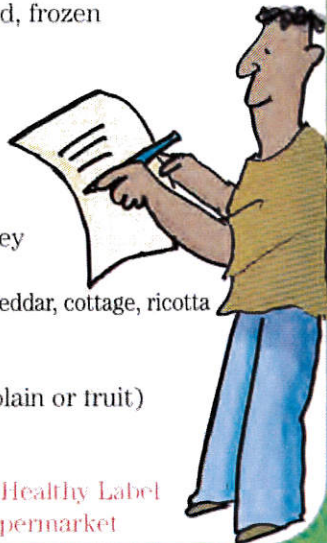
-  30-50g of cooked red meat
e.g. beef, lamb, veal, kangaroo
(the size of a matchbox)
-  30-50g of chicken or pork
-  ¼ cup of lean mince
-  1 slice of lean cold meat
-  40-60g of fish
-  ¼ cup of cooked lentils,
chickpeas or canned beans
-  1 small egg

Breads, Cereals, Rice and Pasta

-  1 slice of bread
-  ½ medium bread roll
-  ½ cup of cooked rice, pasta or noodles
-  100g of spaghetti
-  ½ cup of breakfast cereal
-  ¼ cup of muesli
-  10 rice crackers
-  1 thick rice cake
-  2 thin rice/corn cakes
-  1 small pikelet
-  2 medium crispbread

Good for Kids Shopping List

High fibre bread
Wholegrain cereal
Wholegrain crackers
Plain rice cakes or corn thins
Brown rice
Wholemeal pasta
Mini pikelets
Regular or fruit scones
Fruit: fresh, canned, dried
Vegetables: fresh, canned, frozen
Baked beans
Canned lentils
Lean beef or mince
Trim lamb
Lean ham
Canned fish
Skinless chicken or turkey
Eggs
Cheese: hard or soft e.g. cheddar, cottage, ricotta
Milk*
Reduced fat milk*
Reduced fat yoghurt* (plain or fruit)
Reduced fat custard*
UHT custard
Remember to take your Healthy Label Reading Guide to the supermarket



Italian Pasta Salad

10 minutes preparation + 10 minutes cooking
Serves 8

Ingredients

2½ cups pasta shapes (spiral or bows)
1 punnet cherry tomatoes, sliced in half
12 black olives, pitted and sliced
1 green capsicum, seeded and diced
6 button mushrooms, sliced
½ cup snow peas, strings removed and sliced
2 tablespoons chopped parsley
1 tablespoon lemon juice
185g can of tuna in spring water, drained
½ cup low-fat Italian salad dressing
Freshly ground or cracked black pepper.

Procedures

Cook pasta according to packet directions.
Toss tomatoes, olives, capsicum, mushrooms, snow peas, parsley, lemon juice and tuna together.
Mix through pasta.
Pour the dressing over salad. Add pepper to taste.

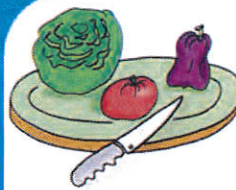
Each serve includes

1 serve of bread/cereals/rice/pasta
1 serve of meat or meat alternative
2 serve of vegetables

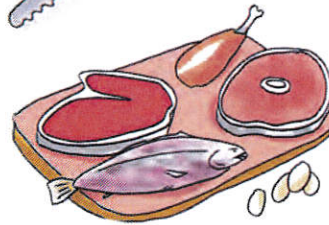
Simple Food Safety Tips



Make sure you wash your hands thoroughly with soap and dry hands before and after handling raw foods



Use separate knives, chopping boards and utensils for raw foods and cooked foods and wash these in hot soapy water immediately after use



BE COOL



Ensure that you stack your fridge shelves correctly. Healthy tips:

1. Make sure all food is covered
2. Keep ready-to-eat food such as cooked food and fruits and vegetables separate from raw meat, raw poultry and raw seafood
3. Place fresh foods in the vegetable crisper
4. Check use-by dates regularly
5. Include an icebrick in the lunchbox to avoid food spoilage

Ensure that all meat is cooked through thoroughly



All foods should be stored below 5° C and served at safe temperatures above 65° C

What is a serve size?

Each picture is equivalent to half a standard adult serve which is a Good for Kids 'child size' serve. Serving sizes and the reduced fat dairy recommendation are based on the Australian Guide to Healthy Eating.

Vegetables



¼ cup of cooked vegetables



½ cup of salad vegetables



¼ cup of cooked dried beans, lentils or canned beans



½ medium potato

Dairy



½ cup of milk (125ml)



½ tub of yoghurt (100g)



1 slice of processed cheese or 20g of block cheese



½ cup of custard (100g)

Full fat dairy is recommended for children under 2 years, reduced fat dairy is recommended for children over 2 years.

This symbol (*) in the following pages refers to the above recommendation.

Fruit



1 apricot, kiwi fruit, plum (the size of a golfball)



1 small piece of fruit (e.g. apple, orange, pear, banana)



½ cup of diced pieces of canned fruit in natural fruit juice



2 dried apricot halves



½ snack pack of sultanas (or 1 mini pack)

These lunchboxes are healthy, tasty and Good for Kids

These lunchboxes have enough food for an 8 hour day
Please ensure the texture of the food is appropriate for the age of your child

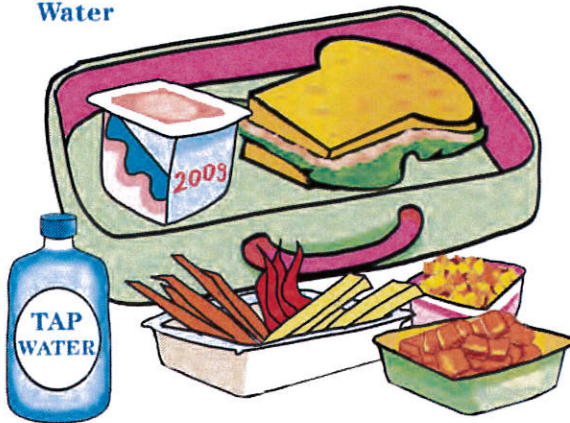
Main meal

Tuna and lettuce sandwich with mayo
 Reduced fat yoghurt*

Snacks

Small tub of carrot, capsicum,
 broccoli, reduced fat cheese* strips
 Small tub of wholegrain cereal pieces
 ½ cup of canned fruit in natural fruit juice

Water



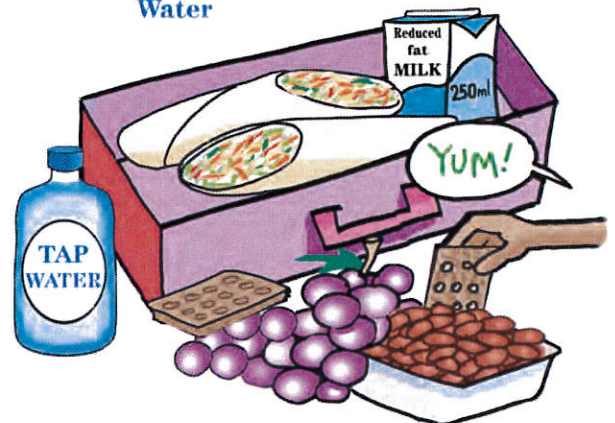
Main meal

Carrot, shredded lettuce and
 grated reduced fat cheese* wrap
 Reduced fat milk*

Snacks

Small bunch of grapes
 Small tub of baked beans
 2 grain crackers

Water



Remember that your child needs to TRY NEW FOODS many times before they will accept them.
Role modelling is a fantastic way to increase acceptance!

Healthy Label reading

Nutrition Information
 Servings per package: 3
 Serving Size: 150g

	Quantity per serving	Quantity per 100g
Energy	608kJ	405kJ
Protein	4.2g	2.8g
Fat, total	7.5g	4.9g
- saturated	4.6g	3.0g
Carbohydrate	18.6g	12.4g
- sugars	18.6g	12.4g
Sodium	90mg	60mg

Always compare products using the per 100g column

Choose products that at least meet these guidelines or have the lowest amounts of fat, sugar and salt.

Total Fat for Food

Less than 20g of total fat per 100g
 Less than 5 grams of saturated fat per 100g

Total Fat For Drinks

Less than 10g of total fat per 100g
 Less than 2.5g saturated fat per 100g

Sugar

Less than 15g sugar per 100g for foods
 Less than 7.5g sugar per 100g for drinks

Sodium (salt)

For foods
 Less than 600mg of sodium per 100g
 For drinks
 Less than 300mg per 100g

These label reading guidelines are from
www.choicefoodforkids.com.au



Good foods for kids!

Fruits and vegetables

✓ Recommended

Fresh, canned and dried	Mini fruit salad
Veggie sticks with dip e.g. hummus	Coleslaw
Vegetable slice/quiche/muffins	Melon balls
Frozen fruit pieces	Salad sandwich
Salad in a container	Fruit kebabs
Fruit muffins/scones/pikelets	Cherry tomatoes



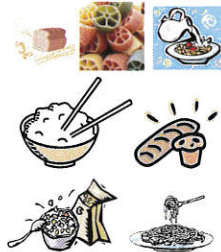
✗ Not recommended

All varieties of potato or other vegetables cooked in oil (e.g. potato chips, gems, wedges, hash browns)
Fruit juice
Fruit straps/bars

Bread, cereals, rice, pasta, noodles

✓ Recommended

Breads: loaf, pita, Lebanese, fruit loaf, wholegrain, Turkish, wholemeal	Corn thins
Breakfast cereals	Scrolls
Rice	Cous Cous
Pasta	Noodles
Pikelets/pancakes	Rice cakes
Air-popped popcorn	Crumpets
Pasta or rice salad	
Low fat savoury biscuits	



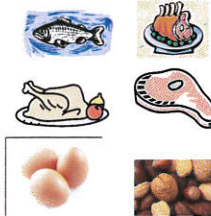
✗ Not recommended

Low fibre, high sugar or salt breakfast cereals (e.g. Nutrigrain, Cornflakes, Special K, Coco Pops, Fruit Loops, Frosties)
Pastries e.g. croissants
2 minute noodles
Muesli or cereal bars
Processed or high fat/sugar cakes or biscuits
Coloured, buttered or salted popcorn
Mini packets of sweet biscuits (not just those with chocolate!)

Lean meat, fish, chicken, eggs, nuts, legumes

✓ Recommended

Lean cuts of beef or lamb
Lean cuts of chicken, fish, pork, veal
Sandwich filling (ham, roast beef, tuna, chopped chicken, salmon)
Hard boiled egg
Baked beans
Leftover stir fry
Mini quiche



✗ Not recommended

Processed meats such as: sausage, devon, cabanossi, chicken roll, pastrami, salami, bacon, frankfurters
Crumbed or battered beef or lamb
Sausage rolls or pies
Hamburger patties
Fish fingers, fish cakes or fish burgers
Crumbed or battered chicken, fish, pork or veal
Chicken nuggets, chicken patty, chicken fillet

Milk, yoghurt, cheese

✓ Recommended

Plain milk	Grated cheese in sandwiches
Yoghurt	Custard
Cheese sticks	Cheese cubes in salad



✗ Not recommended

Flavoured milk	Ice cream
Flavoured custard	Sour cream or cream
Dairy desserts or puddings	

Drinks

✓ Recommended

Water
Plain milk



✗ Not recommended

Cordial	Soft drinks
Flavoured mineral waters	Sports drinks
Energy drinks	Flavoured milk

Good foods for kids!

Fruits and vegetables

✓ Recommended

Fresh, canned and dried	Mini fruit salad
Vegie sticks with dip e.g. hummus	Coleslaw
Vegetable slice/quiche/muffins	Melon balls
Frozen fruit pieces	Salad sandwich
Salad in a container	Fruit kebabs
Fruit muffins/scones/pikelets	Cherry tomatoes



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Breakfast cereals	Scrolls
Rice	Cous Cous
Pasta	Noodles
Pikelets/pancakes	Rice cakes
Air-popped popcorn	Crumpets
Pasta or rice salad	
Low fat savoury biscuits	



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Lean cuts of beef or lamb
Lean cuts of chicken, fish, pork, veal
Sandwich filling (ham, roast beef, tuna, chopped chicken, salmon)
Hard boiled egg
Baked beans
Leftover stir fry
Mini quiche



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Processed meats such as: sausage, devon, cabanossi, chicken roll, pastrami, salami, bacon, frankfurters
Crumbed or battered beef or lamb
Sausage rolls or pies
Hamburger patties
Fish fingers, fish cakes or fish burgers
Crumbed or battered chicken, fish, pork or veal
Chicken nuggets, chicken patty, chicken fillet

Milk, yoghurt, cheese

✓ Recommended

Plain milk	Grated cheese in sandwiches
Yoghurt	Custard
Cheese sticks	Cheese cubes in salad



✗ Not recommended

Flavoured milk	Ice cream
Flavoured custard	Sour cream or cream
Dairy desserts or puddings	

Drinks

✓ Recommended

Water
Plain milk



✗ Not recommended

Cordial	Soft drinks
Flavoured mineral waters	Sports drinks
Energy drinks	Flavoured milk

Home-made Custard

5 minutes preparation + 8-10 minutes cooking Serves 4

Ingredients

500ml reduced fat milk* (or 2 cups water mixed with ½ cup skim milk powder)
2 tablespoons custard powder
1 tablespoon sugar
1 teaspoon vanilla

Procedure

Heat milk in microwave in heat proof bowl.
Dissolve custard powder in a ¼ cup of water.
Add sugar and custard powder to milk.
Stir to combine.
Re-heat in microwave for a further 1-2 minutes until thick.
Serve warm or cold with fresh or canned fruit in natural fruit juice.

Each serve is equal to one serve of dairy.

Double the recipe to increase the number of serves.

Fruity Rice Pudding

5 minutes preparation + 1-1½ hours cooking Serves 8

Ingredients

1/3 cup short grain rice
2 cups reduced fat milk*
1 tablespoon honey
1 teaspoon grated orange or lemon rind
¼ cup dried apricots, chopped
¼ cup sultanas
Pinch nutmeg or cinnamon

Procedure

Preheat oven to 160° C.
In a 4-cup pie dish, mix all ingredients except the spice.
Sprinkle nutmeg on top and bake for 1-1½ hours until the rice has absorbed most of the liquid. Serve hot or cold.

Each serve includes

1 serve of bread/cereals/rice/pasta
1 serve of fruit
½ serve of dairy or dairy alternative

For more recipes please go to
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