

## FOOD AND NUTRITION POLICY

### HEALTHY AND EASY LUNCHBOX IDEAS

A lunch box idea: Choose foods from each of the food groups .

**BREADS & CEREALS**  
2 serves

1 serve =

- 1 slice bread **OR**
- 1 sml muffin **OR**
- 2-3 crisp breads **OR**
- 1/3 to 1/2 cup cooked rice or pasta

**VEGETABLES**  
2-3 serves

1 serve =

- 1/2 cup vegetables/ salad
- Celery/cucumber sticks
- Vegetable bake/ roast or steamed vegies

**DAIRY**  
3 serves

1 serve =

- 1/2 cup milk **OR**
- 15g cheese **OR**
- 1/2 cup yogurt

**FRUIT**  
1- 2 serves

1 serve =

- 1 med piece fruit **OR**
- 2-3 pieces dried fruit **OR**
- 1/2 cup tinned fruit

**Please note**  
**For children under 2:**  
Carrot, Apple & Pear must be cooked (softened) or grated/ sliced finely. Please slice grapes & cherry tomatoes, strawberries etc. in half  
\*Popcorn is not recommended for under 2 years of age as it is a choking hazard.  
\*Corn on the cob for over 2's only, for under 2's please remove the corn from the cob

**MEAT & SUBSTITUTES**  
1 serve

1 serve =

- 1sml slice red/white meat **OR**
- 1/3 cup cooked legumes (baked beans, etc)

**\* Please remember BVCK is a nut free zone, so no nuts or peanut butter**

**Thank you 😊**

### Lunchbox menu ideas (Examples only)

<b>MORNING TEA</b>	A piece of fruit, 1 scone with butter & jam Piece cheese/cheese stick	Tub of yoghurt/ fruit 2 pikelets with butter/ jam	1 slice fruit loaf 1 apple (cooked or grated)
<b>LUNCH</b>	1 ham & cheese sandwich 1/2 tub yogurt 1 piece fruit	1 vegemite sandwich 1 piece cheese Crackers	Cold chicken/meat Celery sticks Orange wedges
<b>AFTERNOON TEA</b>	2 plain biscuits Carrot/veggie sticks Sultanas	1/2 tub yogurt 1/2 cup mixed salad 1 small muffin	2 crisp breads with cheese spread Custard tub

Pop a small carton of milk (plain) in the lunchbox as well, if you like!

**Barossa Valley Community Kids promotes healthy eating, please refrain from packing chocolate, chips, lollies, juice or flavoured milks into your child's lunchbox.**

**Thank You 😊**