

Packed with Goodness.



Supported by



Crunch&Sip®

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Introduction

Providing good food every day gives children the fuel they need to play, grow and learn.

Parents are the first and most important role models when it comes to eating well, which includes packing a healthy lunchbox full of fresh and nutritious meals and snacks for children to take to school.

With only 1 in every 16 Australian children eating enough vegetables, the lunchbox is a great opportunity to increase daily serves.

In this booklet you will find out what eating well looks like, how to pack a balanced lunchbox and the benefits of reaching for healthy snacks. Most importantly, you'll find lots of tips and tricks to make easy and affordable lunchboxes that actually get eaten!



Healthy eating

Healthy eating means enjoying a wide variety of nutritious foods from the five core food groups every day. These include:

1. Vegetables and legumes/beans
2. Fruits
3. Grain (cereal) foods, mostly wholegrains
4. Meat and meat alternatives (lean meat and poultry, fish, eggs, tofu, nuts and seeds, legumes/beans)
5. Dairy (milk, yoghurt, cheese and/or alternatives), mostly reduced-fat

The **Australian Guide to Healthy Eating** shows the proportion of these five food groups we should eat every day to be healthy. Try to choose a variety of core foods to fill your child's meals and, most importantly, to go in their lunchbox every day.

How many serves?

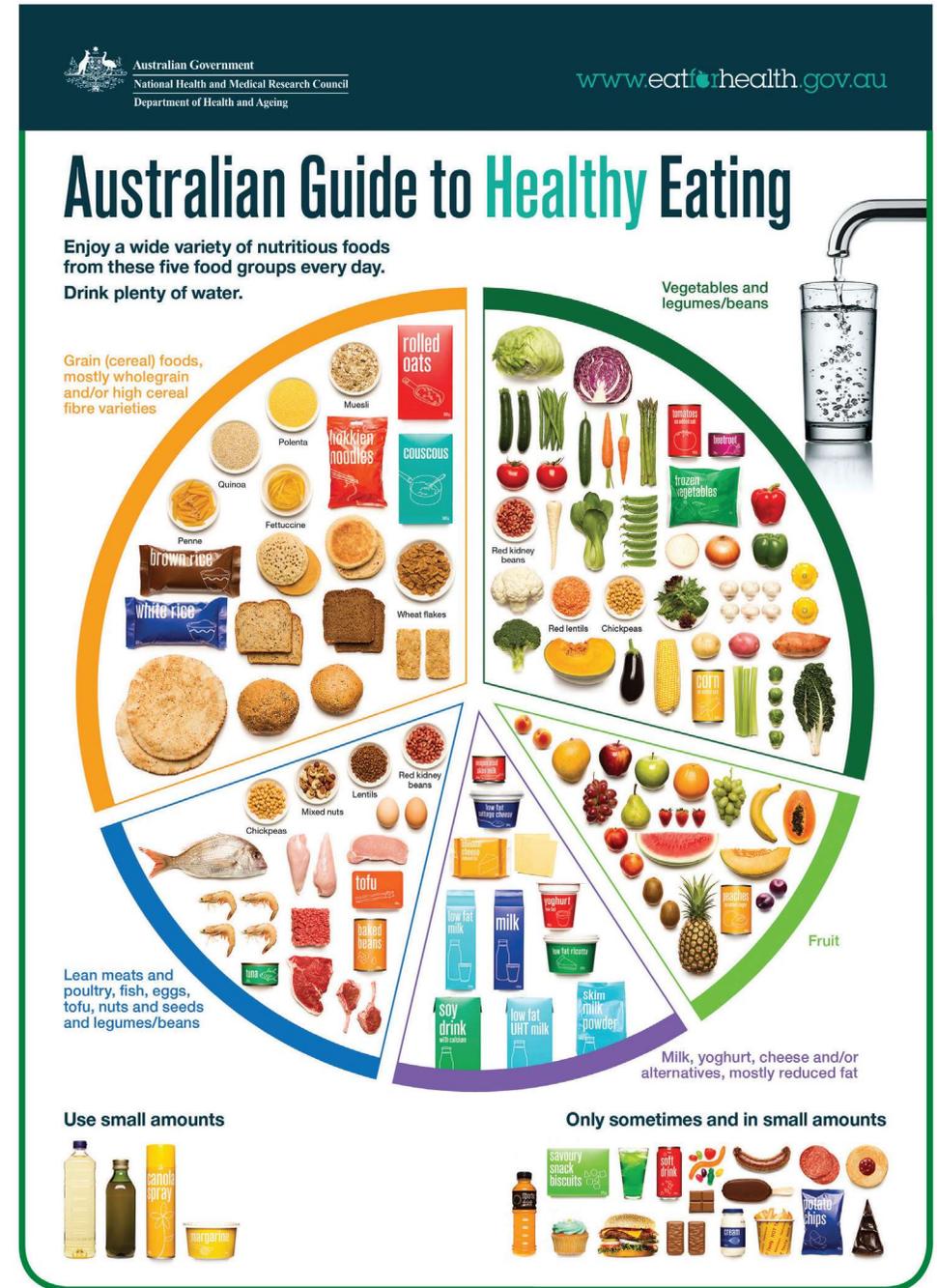
Sometimes it can be hard to know how much of these foods children should be eating at meal times and across the day. Using the recommended serves outlined below can make this a little easier.

Remember this is a guide and is a great goal to work towards. If you are getting close to the recommended serves on most days of the week then you are doing a great job.

As a rough guide lunchboxes should contain about a third of your child's food for the day.

Age	Vegetables	Fruit	Grains and cereals	Meat and alternatives	Dairy and alternatives
4 - 8 years old	4 ½	1 ½	4	1 ½	2
9 - 11 years old	5	2	5	1 ½	2 ½
12 - 18 years old	5 - 5 ½	2	5 - 7	2 ½	3 ½

For the number of serves that adults should be eating visit eatforhealth.gov.au



What does a serve look like?

Vegetables



½ cup
cooked
75g



½ cup
beans, peas
or lentils
75g



1 cup
raw
75g

Fruit

1 medium
piece
150g



1 cup
chopped or
canned
150g



2 small
pieces
150g



Meat and alternatives



2 eggs



65g
deck of
cards



80g
half a
breast



100g



1 cup
beans, peas
or lentils

Grains and cereals



½ cup
cooked



1 slice



3 crisp
breads



½ wrap

Dairy and alternatives



1 cup
250ml



2 slices
40g



200g



How do you pack a lunchbox with goodness?

By the time a child has finished primary school they will have eaten from their lunchbox almost 2500 times.

Packing healthy lunchboxes is a great opportunity to provide children with a wide variety of fresh, yummy and healthy foods in order to grow and thrive.

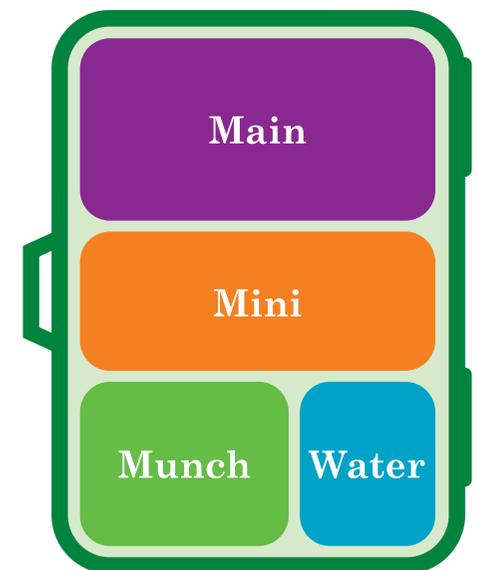
Each day children need:

- Something for lunch (main meal)
- Something for recess (mini meal)
- Something to munch (fruit or veg)
- Water to drink

Crunch&Sip® is also a great opportunity for children to eat extra serves of vegetables and fruits throughout the day. It all adds up!

If it's all healthy food, it doesn't matter what order it's eaten in! Anything they reach for will provide them with long-lasting energy.

Try to serve the same healthy foods in the lunchbox that you would at home.



Main

Lunch is a **main** meal and is a great opportunity to use foods from the grain, meat (or meat alternatives) and vegetable food groups.

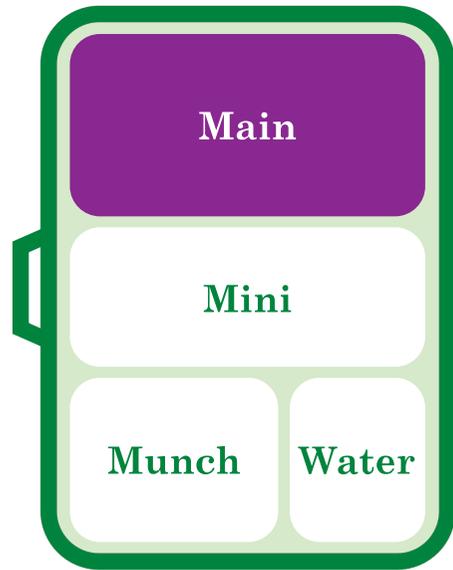
Fill a sandwich or wrap with fresh fillings your child enjoys. Try to use different fillings across the week to provide a variety of nutrients.

Other options include sushi, pasta, falafel, curry, rice salad or any leftovers that store well.

Packing protein will help sustain energy and regulate appetite, and is essential for growth and development.

Foods in the meat and meat alternatives food group are great sources of protein. Try these lunchbox friendly options:

- salmon or tuna
- lean beef or lamb
- skinless chicken or turkey
- reduced-fat cheese
- boiled egg
- beans
- lentils
- hummus



Mini

Recess is a **mini** meal and is another opportunity to provide healthy foods.

Children have smaller stomachs than adults, so they eat less at their main meals. This is why they often need to top-up in between their main meals over the day.

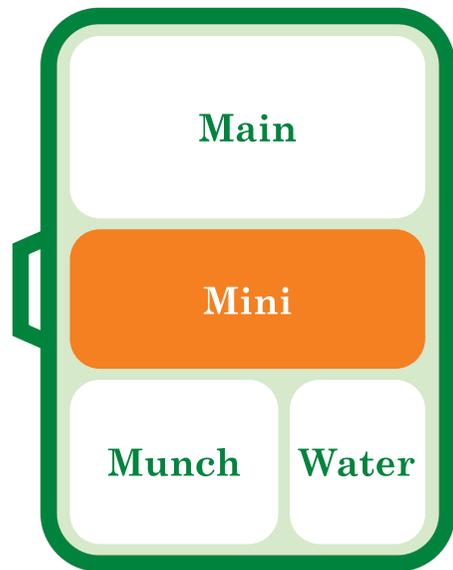
Avoid providing packet snack foods for the mini meal where you can!

Choose mini meals from the five food groups to boost the nutrients and limit the added sugar, salt and saturated fat in your child's diet.

Get children involved in making their own mini meals and learning to reach for healthy snacks.

Some great examples of mini meals include:

- hard-boiled egg
- plain popcorn
- low-sugar dry cereal
- reduced-fat cheese and apple slices
- reduced-fat yoghurt and fruit
- roasted chickpeas
- chopped vegetables and dip
- homemade savoury muffins
- sweet potato pikelets



Munch

Vegetables and fruits are full of nutrients vital for growth and development - but most of us are missing out by not eating enough.

The **munch** is another great opportunity to increase the vegetables and fruits your child is eating, so try and pack some every day. They're the perfect on-the-go snack!

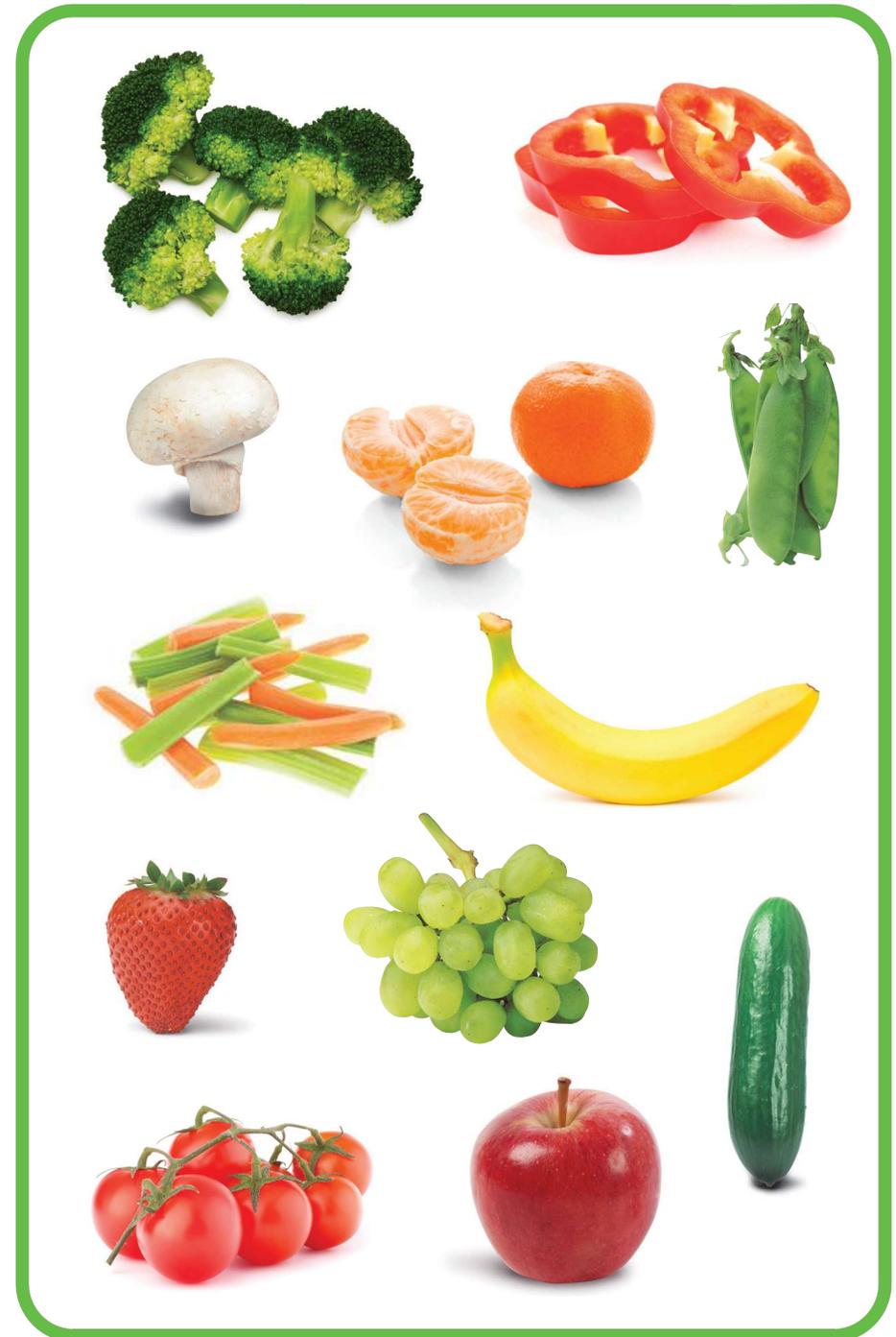
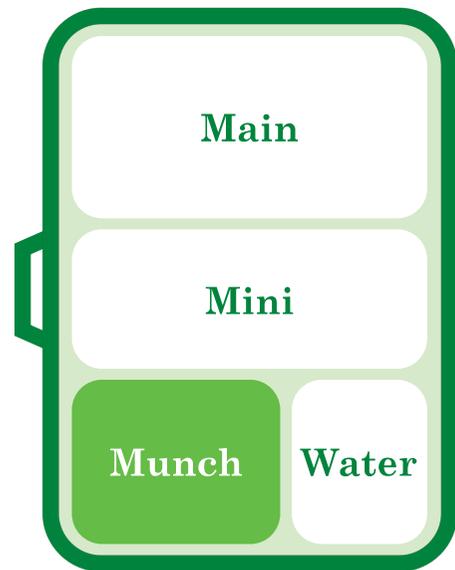
Pack vegetables and fruits that you know your child enjoys, and don't forget to throw in some new ones for them to try as well. A variety of different coloured vegetables and fruits means a variety of nutrients.

Try vegetables prepared in a range of ways such as grated, steamed, roasted or raw.

Canned and frozen vegetables and fruits are cheap, healthy and convenient options as well. Just remember to choose canned vegetables with reduced or no added salt and fruits in natural juice instead of syrup.

Try making small and gradual changes rather than a total overhaul. It will feel more achievable and is more likely to be successful.

Munch on more!



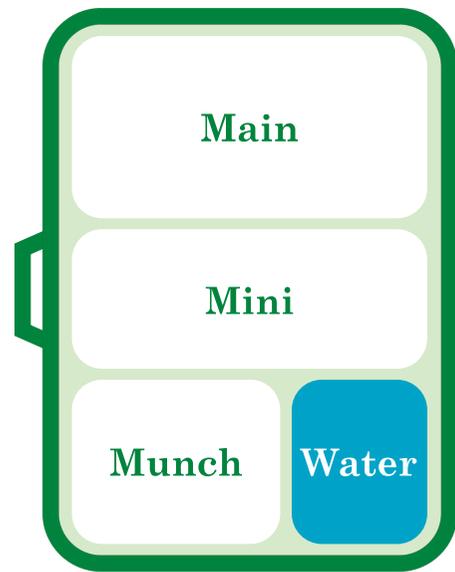
Water

Water and milk are the only drinks children need, and water is listed as the recommended drink for all ages. Water has many important functions in the body like helping to digest food, stay hydrated and maintain body temperature.

Drinking water is also shown to help children maintain concentration across the day.

Parents can help children set up healthy habits from an early age by teaching them to quench their thirst with water.

Pack your child a refillable water bottle to take to school every day.



Crunch&Sip®

Remember to pack Crunch&Sip®!

Crunch&Sip® is a set time in the classroom where your child can snack on chopped vegetables and fruits and sip on water. This is separate to the lunchbox and is another great opportunity for children to be munching on the good stuff.

Get children involved in chopping and packing their own Crunch&Sip®, and pack seasonal foods where you can as this will often be cheaper.

If your school does not participate in Crunch&Sip® then suggest that they head to the website to learn more about the program and its benefits, crunchandsip.com.au.



Tips:

1. Cut snacks into bite size pieces.
2. Choose food that won't make a mess.
3. Pick fresh and seasonal vegies and fruits.

Weekly menu planner

Monday



Main

Beef and salad sandwich

Mini

Cheese and crackers plus apple

Munch

Celery pieces

Tuesday



Main

Veggie pasta plus egg

Mini

Apple and zucchini muffin

Munch

Kiwi fruit

Wednesday



Main

Tuna sushi

Mini

Veggie sticks and hummus

Munch

Mandarin

Thursday



Main

Vegetable fritters and baked beans

Mini

Berry muffin

Munch

Grapes

Friday



Main

Tuna and salad bread sushi

Mini

Strawberries plus vegie muffin

Munch

Corn



Don't forget!

Send your child to school with a refillable water bottle every day.



My child won't eat what's in their lunchbox

Sometimes your child won't eat the food you pack them, which can be very frustrating.

Try these parent-tested tips:

- **Make sure the food is easy to eat** and doesn't make a mess. Chop fruits and vegetables into smaller pieces.
- **Add a small container of dip** like hummus or guacamole with your chopped vegetable sticks. It's amazing the difference a dip makes.
- **Don't label your child as not liking a food** and don't give up. Persistence pays off.
- **Ask them** if they're bored with their lunchbox. They might want more variety than you!
- **Check** if there is something you're packing that they really don't like. It is okay for them to choose one healthy food over another, just not to remove healthy foods altogether.
- **Get them involved** in packing their lunchbox. Some children are more likely to eat their food when they have played a part in choosing and packing it.
- **Resist packing a treat** to reward your child for eating their healthy foods or for good behaviour. It will spoil their appetite and reduce the amount of healthy foods they are eating. If you want to put something lovely in their lunchbox try a little love note or a joke.
- **They may simply be running out of time** to eat and play in their short break. Keep the food simple and easy to munch-and-go.
- **Make sure the after-school snack** you are offering your child is wholesome and healthy too.

Keeping food safe and stored well

Make sure your child can pack and unpack their own lunchbox and cooler bag, and be sure to choose containers that seal well.

Keeping foods safe by storing them properly means they will taste better and last longer in the lunchbox. This means children are more likely to eat the food that is packed for them, and less food will be wasted.

Any foods you would keep in the fridge at home should be kept cool in the lunchbox by using freezer blocks or frozen water bottles. Some foods can go into the lunchbox frozen and defrost across the morning such as yoghurt tubs, muffins and pancakes as well as fruit like grapes and strawberries. Sandwiches can also be made the night before and frozen depending on which fillings are chosen.

Any hot food made in the morning should be kept warm in the lunchbox by using a thermos or suitable containers for keeping food hot.

At the end of the school day, throw out any hot or cold food that didn't get eaten as it will no longer be safe to eat.



Allergies

Many children have food allergies.

A food allergy is an immune system reaction to a food protein. Some people don't need to eat a food to get sick, just touching it can cause an allergic reaction.

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening.

It is unrealistic to think a school can be **'free'** of any allergen, being **'allergy aware'** is a more appropriate term. Check with the teacher to see if someone in the class has a food allergy.

Most schools ask that nuts and nut products, such as peanut butter and nut bars, are not brought to school.

The most common foods people are allergic to are:

- peanuts
- tree nuts (most other nuts)
- cow's milk (dairy)
- egg
- fish
- crustacean (shellfish)
- sesame
- soy
- wheat
- lupin



Make sure you check your school's allergy policy. Most schools ask that nut products are NOT packed in the lunchbox.

Healthy food and drink choices in schools

In 2007 the WA Department of Education introduced the **Healthy Food and Drink** policy in public schools to promote healthy eating. The policy applies to the food and drinks in canteens/food services as well as areas where the principal is directly responsible for the supply of food and drinks, such as classroom rewards, school camps and excursions.

A **traffic light** system is used to categorise food and drinks and is easy to use at home as well.



Go!

Fill your diet with a variety of 'green' foods.

Fruits, vegetables, wholegrain cereals, reduced-fat dairy products and water.

Wait!

Select these foods carefully and try to **limit** how much you eat.

Some pre-packaged items and snack foods, muffins, biscuits and crackers.

Stop!

These foods and drinks are not required as part of a healthy diet. They are **off the menu** in school canteens.

Lollies, deep fried foods, chocolates, pastries, slices, soft drinks and flavoured waters.

The school canteen

Most schools will have a canteen that provides simple and wholesome food for children to buy. For parents, the canteen should be seen as an extension of the home pantry and fridge, and an opportunity for children to learn skills in food selection and how to make healthy choices over the counter.

On the days children buy food from the canteen, encourage them to select from the 'green' category as these foods are from the five food groups.

Choosing healthy foods from the canteen in early primary school years, will help guide your child when they become more independent and begin buying their own food outside of school, such as at sports or on the weekend with friends.



Pack less packets

Reducing pre-packaged snack foods and reaching for healthy snacks instead means you can increase fruits and vegetables, add wholegrains, manage portion size and reduce the amount of added sugar, saturated fat and salt your child is eating.

Pre-packaged snack foods contain additives and preservatives that improve their appearance and shelf life. Commonly used additives and preservatives include sugar, antioxidants, salt and food colouring.

If you are concerned about additives and preservatives remember that the best way to reduce your child's intake is to reduce the amount of processed and pre-packaged snack foods they eat. Additives and preservatives are safe for most people when eaten as part of a healthy, varied diet. However if you think your child is having a bad reaction to an additive or preservative then talk to a doctor or dietitian.

Pre-packaged snack foods are *sometimes foods* rather than *every day* foods. Teach children to reach for one of these healthy snacks instead!

Healthy snack options



Swap and save

Food manufacturers use clever marketing to encourage parents to reach for pre-packaged snack foods to fill the trolley when shopping.

Whilst these snack foods may seem like quick and easy options for the lunchbox, they're much more expensive than grabbing a piece of fruit or some vegetables, making food from scratch or baking in bulk and freezing.

Even packaged snack foods that seem healthy will often be more expensive. Home made versions are usually much cheaper and better for you.

Swap this		For this
	\$13.30 per kg	
	\$43.60 per kg	
	\$20.00 per kg	
	\$35.60 per kg	

Reading food labels

Most packaged foods have a nutrition panel and an ingredients list. Knowing how to read a food label makes choosing healthy foods easier. Here are some of the things to look out for when choosing which products to buy. Take our handy wallet card (see page 40) with you to help make the best choices.

Serving Size

The manufacturer chooses the serving size. This can be different between brands, and might not be a healthy or realistic serve size for you.

Nutrition information

	Per Serve	Per 100g
Serving size: 30g (2/3 cup)		Servings per package: 16
Energy	432kj	1441kj
Protein	2.8g	9.3g
Fat		
- Total	0.4g	1.2g
- Saturated	0.1g	0.3g
Carbohydrate		
- Total	18.9g	62.9g
- Sugar	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice malt extract, honey, salt, vitamins (niacin, thiamine, folate)		

100g column

Because the 'per serve' column is often different between brands, per 100g is a fairer way to compare.

Fats

There are many different types of fats in foods. Low in saturated fat is more important than low in total fat.

Sugars

This includes added sugar and naturally occurring sugar. Check the ingredients list for clues and choose foods lower in added sugar.

Fibre

Also known as dietary fibre. Choose higher fibre foods.

Allergies

Common foods that people are allergic to are in bold to make them easy to spot.

Sodium

Sodium is salt. Look for lower sodium varieties.

Ingredients

Ingredients are listed from MOST to LEAST by weight.



Munch on more vegetables

Vegetables are nutritious, cheap, simple to cook and store easily - but most of us aren't eating enough! Here are some tips for packing more vegetables into your child's day.

Breakfast

- Top toast with baked beans, grilled mushrooms, avocado or grilled tomato.
- Add vegies like tomato, zucchini, capsicum and mushroom to omelettes.

Lunchbox

- Fill sandwiches with an extra boost of vegetables such as grated carrot, roasted pumpkin, creamy avocado, cucumber or beetroot.
- Make a batch of vegie packed savoury muffins or pikelets.
- Add in a cup of vegie soup and a thermos.
- Add cooked vegies to rice or pasta (don't forget the fork!).

Mini meals and snacks

- Chop up vegies and keep them in the fridge ready to grab and go.
- Choose vegetable based dips like hummus and guacamole.
- Try a toasted sandwich with baked beans, cheese and grated vegies.

Dinner

- Add grated zucchini, mushroom, celery or carrot to tomato based pasta sauces.
- Add extra vegies and beans into soups, stews, pasta and rice dishes.
- Include a side salad or a serve of steamed vegetables with hot dishes.
- Try cabbage and lettuce leaves as edible containers with savoury fillings.



Where to from here?

A little planning goes a long way!

- **Prepare for the week** and think about which foods from the five food groups you will pack each day.
- **Shop with the lunchbox in mind** and buy foods that are easy to pack and store well.
- **Cook in bulk** some weekends and pack the freezer with easy to grab options.
- **Prepare main or mini meals the night before** whilst you are making dinner by chopping up some extra vegetables, cutting extra cheese cubes or hard boiling an egg.
- **Pack leftovers** for lunch and throw in a fork or a spoon.

Honey Roasted Chickpeas

🕒 **Prep** 5 mins | **Cook** 40 mins

👤 **Serves** 4

🥗 1 ½ serves of vegetables per serving

🌿 Traffic light **GREEN**



Ingredients

- 2 x 400g cans no-added-salt chickpeas, drained and rinsed
- 2 tbs honey
- 1 tsp ground cinnamon
- ¼ tbs ground nutmeg
- olive or canola oil spray

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Place well drained chickpeas between sheets of paper towel and pat gently to absorb water taking care not to rub off skins.
3. Transfer to a large tray lined with baking paper; spread chickpeas evenly in a single layer. Bake for 35-40 minutes until chickpeas are lightly browned and crunchy in the centre.
4. Combine remaining ingredients into a large heatproof bowl.
5. Add warm cooked chickpeas.
6. For a caramelised flavour, return to the oven and bake for 10 minutes.

Tip

For a savoury version swap out the honey and nutmeg, reduce the cinnamon to ¼ tsp and add ½ tsp of cumin and garlic powder.



Sweet Potato and Cheese Muffins

 **Prep** 10 mins | **Cook** 25 mins

 **Serves** 12

 ½ serve of grains and cereals per serving

 ½ serve of vegetables per serving

 Traffic light **GREEN**

Ingredients

- olive or canola oil spray
- 1 ½ cups self-raising flour
- ½ cup wholemeal self-raising flour
- ½ cup sweet potato, peeled and grated
- 2 tbs parmesan cheese, grated
- ½ red capsicum, finely chopped
- 3 spring onions (including green tops), ends trimmed, chopped
- pepper, to taste
- 1 cup reduced-fat milk
- 2 eggs

Tip

Frozen muffins keep the lunchbox cool and will defrost over the day.

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Lightly spray muffin tins with oil or line with paper cases.
3. Sift flours into a medium sized bowl.
4. Mix in sweet potato, cheese, capsicum, spring onion and pepper.
5. In a bowl, whisk milk and eggs together.
6. Add to dry ingredients and mix through until just combined.
7. Spoon into prepared muffin pan.
8. Bake for 25 minutes until muffins are firm and a knife inserted into the centre comes out clean.
9. Allow to cool in the tin for a few minutes then turn onto a wire rack.

Pear Pancakes

 **Prep** 5 mins | **Cook** 10 mins

 **Serves** 4

 ½ serve of grains and cereals per serving

 ¼ serve of fruit per serving

 Traffic light **GREEN**

Ingredients

- olive or canola oil spray
- 1 cup self-raising flour
- 1 cup reduced-fat milk
- 1 egg
- 1 grated pear

Serving suggestion

Serve warm with a tablespoon of natural yoghurt.

Tip

Swap out the pear for 1 cup of grated vegies to make a savoury alternative.



Method

1. Place flour, milk and egg in a medium bowl and whisk until smooth.
2. Stir through grated pear.
3. Spray a large non-stick frypan with oil and place over medium heat.
4. Place 2 tablespoons of batter evenly spaced around the pan.
5. Cook for 2 to 3 minutes or until small bubbles appear on surface then carefully turn over.
6. Brown on reverse side for 1 minute or until cooked through.



Pumpkin, Leek, Feta Mini Frittatas

 **Prep** 20 mins | **Cook** 40 mins

 **Serves** 6

 2 serves of vegetables per serving

 Traffic light **GREEN**

Ingredients

- olive or canola oil spray
- 1 leek (white part only), cut lengthways and finely sliced
- 600g pumpkin, peeled and cut into 1cm cubes
- 6 eggs, lightly beaten
- ¾ cup reduced-fat milk
- 95g reduced-fat feta cheese
- ½ cup basil leaves, chopped

Tip

Frittatas make a nutritious finger food for toddlers and are perfect packed in your child's lunchbox.

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Spray a non-stick frying pan with oil and place on medium heat. Add leek to frying pan and cook for 3 minutes, stirring occasionally, until softened.
3. Add pumpkin, spray with oil and stir to coat vegetables. Add ½ cup water, cover pan and steam for 10 minutes until just tender.
4. In a medium sized jug, whisk together eggs and milk; season with black pepper.
5. Remove pumpkin mixture from heat and stir through feta and basil.
6. Spray 12-hole muffin tin with oil then evenly spoon in pumpkin mixture. Pour over egg mixture to almost fill muffin holes. Bake for 25 minutes, or until firm and golden.
7. Cool in the pan for 5 minutes before turning on a wire rack.
8. Serve warm or cold.

Zucchini and Corn Fritters

 **Prep** 25 mins | **Cook** 20 mins

 **Serves** 6

 2 serves of vegetables per serving

 Traffic light **GREEN**

Ingredients

- 1 medium zucchini, grated
- 1 ½ small red capsicums, seeded and diced
- 1 x 400g can reduced-salt corn kernels, drained
- 2 spring onions (including green tops), chopped
- ½ cup basil leaves, chopped
- 1 cup reduced-fat cheddar cheese
- pepper
- ¾ cup self-raising flour
- 3 eggs
- ½ cup reduced-fat milk
- olive or canola oil spray

Method

1. Squeeze excess liquid from zucchini and place in a large bowl with capsicum, corn, spring onions, basil and cheese. Season with pepper.
2. Sift flour over vegetables then mix to combine.
3. Pour milk into a jug, add eggs and whisk together with a fork. Add to vegetables and stir well.
4. Heat a large non-stick frypan over medium heat and spray liberally with oil. Drop heaped tablespoons of mixture evenly spread around the pan and spread using the back of a spoon to 8cm diameter. Cook for 2 minutes or until firm and golden. Flip and brown on reverse side for 2 minutes.
5. Transfer to a plate, keep warm and repeat with remaining mixture.





Japanese Rice Balls

 **Prep** 15 mins | **Cook** 35 mins

 **Serves** 15

 1 ½ serves of grains and cereals per serving

 1 serve of vegetables per serving

 Traffic light **GREEN**

Ingredients

- 1 cup sushi rice (250g)
- 4 carrots, sliced (340g)
- 1 cup broccoli florets (80g)
- 2 tbs sushi seasoning
- 1 tbs sesame seeds (optional)

Variation

Add a teaspoon of tinned tuna, cooked chicken or egg to the middle of each ball.

Tip

Make your own sushi seasoning by mixing together 2 tbs white or rice vinegar with a pinch of salt and sugar.

Method

1. Rinse rice with cold water then place in a small saucepan, add 1 ½ cups water and bring to the boil. Reduce heat and simmer, covered, for 15 minutes. Remove from heat and stand, covered, for 5 minutes.
2. While the rice is cooking steam carrots and broccoli until soft but still retaining bright colour. Pulse in a food processor until finely chopped making sure not to puree.
3. Mix the rice, sushi seasoning and vegetables in a bowl using a flat spoon. Add sesame seeds if using.
4. Line a small bowl with a piece of plastic wrap approx 20cm square that hangs over the sides. Fill with a heaped tablespoon of rice mix, gather up the ends of the plastic and twist tightly together, squeezing out any air, to form a ball. Repeat with the rest of the mix.
5. If eating immediately, remove the balls from the plastic. If packing in a lunchbox, you can leave them in the plastic wrap.

Chocchini Muffins

 **Prep** 10 mins | **Cook** 20 mins

 **Serves** 18

 ⅓ serve of grains and cereals per serving

 Traffic light **AMBER**

Ingredients

- olive or canola oil spray
- ½ cup brown sugar
- ½ cup cocoa powder
- ½ tsp baking powder
- ½ tsp baking soda (bicarbonate)
- 1 cup plain flour
- 1 cup wholemeal plain flour
- 3 eggs
- 200mL reduced-fat plain yoghurt
- 2 tsp vanilla extract
- 3 tbs canola oil
- 1 cup zucchini, grated
- ½ cup sultanas (150g)



Method

1. Preheat oven to 180°C (160°C fan forced). Spray muffin tins with oil.
2. Place sugar in a large bowl and break up any lumps. Sift in cocoa, baking powder, bicarb and flours.
3. Lightly beat eggs in a cup with a fork then add to flour mix with yoghurt, vanilla and oil. Stir to combine (mix will still be quite dry), then mix in zucchini and sultanas.
4. Spoon mixture into prepared muffin tins (makes 18) and bake for 20 minutes or until a skewer poked into the centre of a muffin comes out clean. Cool in tin for 5 minutes then turn onto a wire rack to cool completely.

More information

Healthy Food and Drink policy in schools

Department of Education

det.wa.edu.au/healthyfoodanddrink

Western Australian School Canteen Association Inc

waschoolcanteens.org.au

Allergies

Department of Health

healthywa.wa.gov.au/Articles/A_E/Anaphylaxis

Anaphylaxis Australia

allergyfacts.org.au

Additives and preservatives

Food Standards Australia New Zealand

foodstandards.gov.au/consumer

Healthy lunchbox ideas

Cancer Council NSW

healthylunchbox.com.au

Healthy eating

eatforhealth.gov.au

Crunch&Sip®

crunchandsip.com.au

More healthy lunchbox ideas

Western Australian School Canteen Association Inc.

waschoolcanteens.org.au/parents

More healthy recipes for the whole family

LiveLighter

livelighter.com.au

Take a photo on your phone or cut out this card and keep it in your wallet to help you choose healthy foods.



Use the per 100g column	Best choice	Okay sometimes	Try to avoid
Total fat	Less than 3g	3g - 10g	More than 10g
Saturated fat	Less than 1.5g	1.5g - 3g	More than 3g
Sugar	Less than 5g	5g - 15g	More than 15g
Sodium	Less than 120mg	120mg - 400mg	More than 400mg
Fibre	More than 3g per serve (not using per 100g column)		
crunchandsip.com.au			Crunch&Sip®

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