



Sometimes lunchboxes can be 'overfilled' with lots of pre-packaged items that are packed "in case the children are hungry". However, these packaged items are often high in sugar, salt and fats and do not provide the nutrition children need. They also make a lunchbox very expensive.

Hint: Use small washable containers and bees wax sandwich wraps to minimise plastic waste and reduce ongoing grocery costs (it's also better for the environment!).

When it comes to thirst... Drink water first.

Did you know: Children who regularly drink soft drink and other sweetened drinks are more likely to be overweight and have trouble with their teeth?

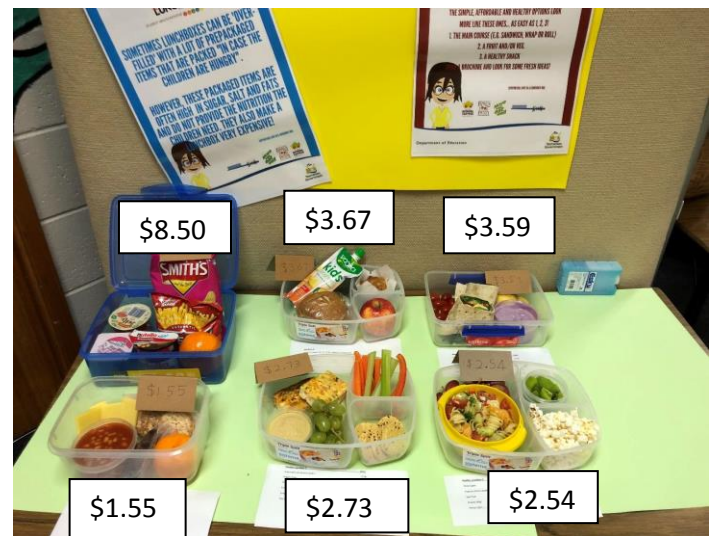
Did you realise that these popular drinks contain this much sugar?

- ☐ Coke: 16 teaspoons (250ml glass)
- ☐ Energy drink: 13 teaspoons (500ml bottle)
- ☐ Flavoured milk: 7 teaspoons (300ml bottle)
- ☐ Cordial: 5 teaspoons (250ml glass)
- ☐ McDonald's thick shake: 21 teaspoons!
- ☐ Frozen slushy: 24 teaspoons!

Hint: Give your children a 'high five' lunchbox.

In it put a variety of:

- ☐ fruit,
- ☐ dairy
- ☐ breads or cereals
- ☐ vegies and salads
- ☐ meats



"For children, snacks are an important part of a healthy diet. It is important to make sure that they are good quality snacks that provide the energy and nutrients they need" Some ideas are – natural popcorn, savoury scones, sweet and savoury pickles, veg sticks and dip, sultanas, fruit bun or loaf, real vegie chips.

For further information/resources on Love in a LunchBox look in the "Links" section below -

<https://www.education.tas.gov.au/parents-carers/early-years/child-family-centres/>

