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.
<table>
<thead>
<tr>
<th>FOR A HEALTHY LUNCHBOX</th>
<th>PICK &amp; MIX</th>
<th>SOMETHING FROM EACH GROUP 1-6!</th>
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<tbody>
<tr>
<td><strong>FRUIT</strong></td>
<td><strong>1</strong></td>
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<tr>
<td>Fresh fruit</td>
<td><strong>2</strong></td>
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<tr>
<td>Fruits</td>
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<tr>
<td>Mixed fruit</td>
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<td>Dried fruit</td>
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<td>TinNed fruit/ snacks</td>
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<tr>
<td><strong>VEGETABLES</strong></td>
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<tr>
<td>Fresh crunchy veggies</td>
<td><strong>3</strong></td>
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<tr>
<td>Vegetable</td>
<td><strong>4</strong></td>
<td></td>
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<tr>
<td><strong>MILK, YOGHURT</strong></td>
<td><strong>3</strong></td>
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<tr>
<td>Milk</td>
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<td><strong>MEAT OR MEAT ALTERNATIVE</strong></td>
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<td><strong>GRAIN AND CEREAL FOOD</strong></td>
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<td><strong>WATER</strong></td>
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**FRUIT**
- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

**VEGETABLES**
- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g., cherry and Roma tomatoes)
- Mushroom pieces

**MILK, YOGHURT AND CHEESE**
- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

**MEAT OR MEAT ALTERNATIVE**
- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g., beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g., ham, silverside, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hommus dip
- Lean meat or chicken kebab sticks
- Peanut butter*

**GRAIN AND CEREAL FOOD**
- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

**WATER**
- Take a water bottle (for refilling throughout the day)
- Tip: Freeze overnight to keep foods cool in lunchboxes

**For more information about healthy eating and for many tasty recipes, visit the Healthy Eating Advisory Service:**

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