

Healthy lunchboxes and snacks made easy

South Eastern Sydney Local Health District

Health Promotion Service

November 9, 2021

Acknowledgement of country

“South Eastern Sydney Local Health District would like to acknowledge the traditional owners of the land we are meeting on today.

We would also like to pay our respect to Elders both past and present and extend that respect to any Aboriginal people and Non-Aboriginal people who are present today”

Artwork by Brenden Broadbent



Introduction

- Health Promotion Service, South Eastern Sydney Local Health District
- Presenters



Jessica Wrigley



Tegan Fahey

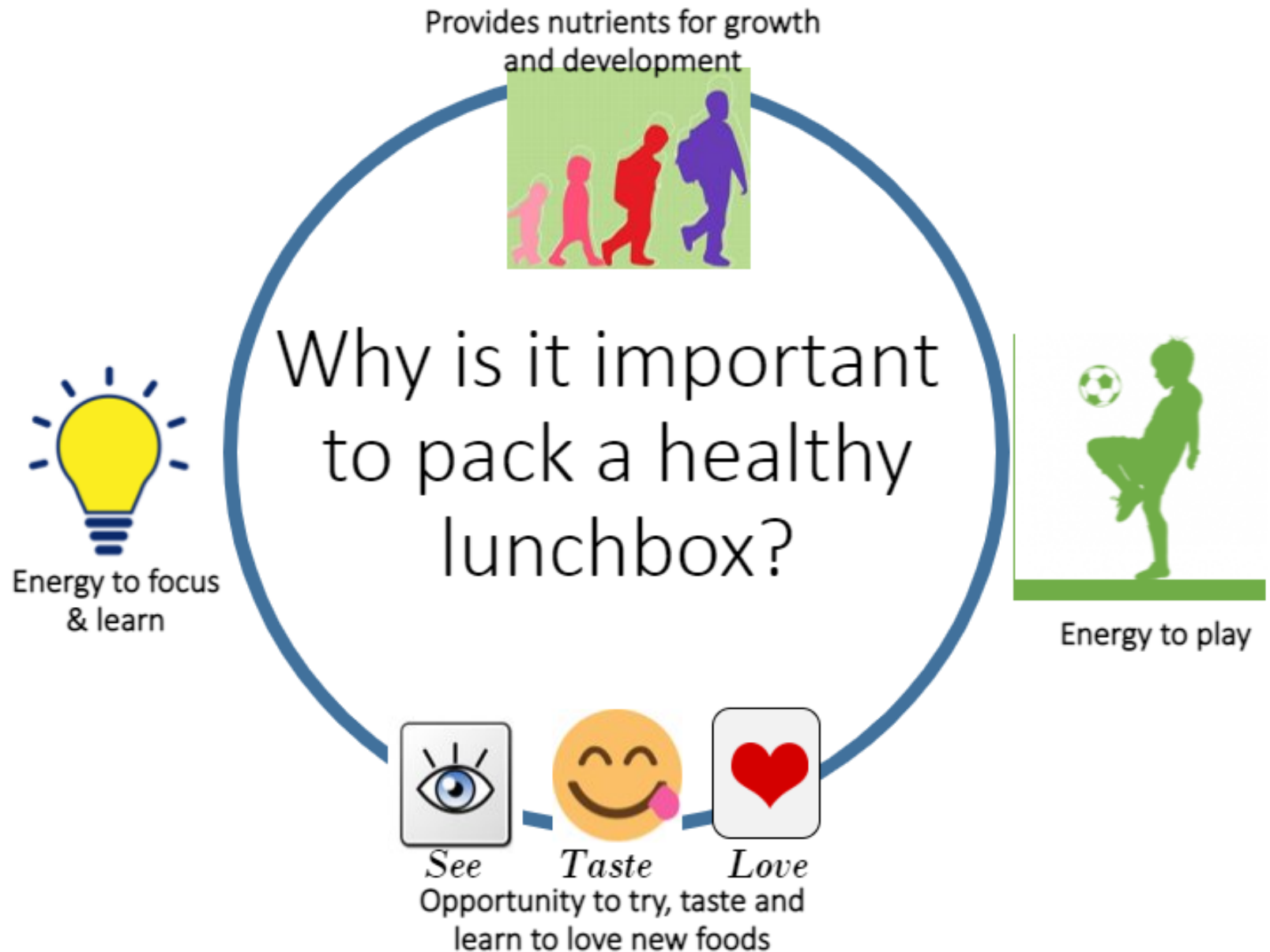
Welcome



Session outline

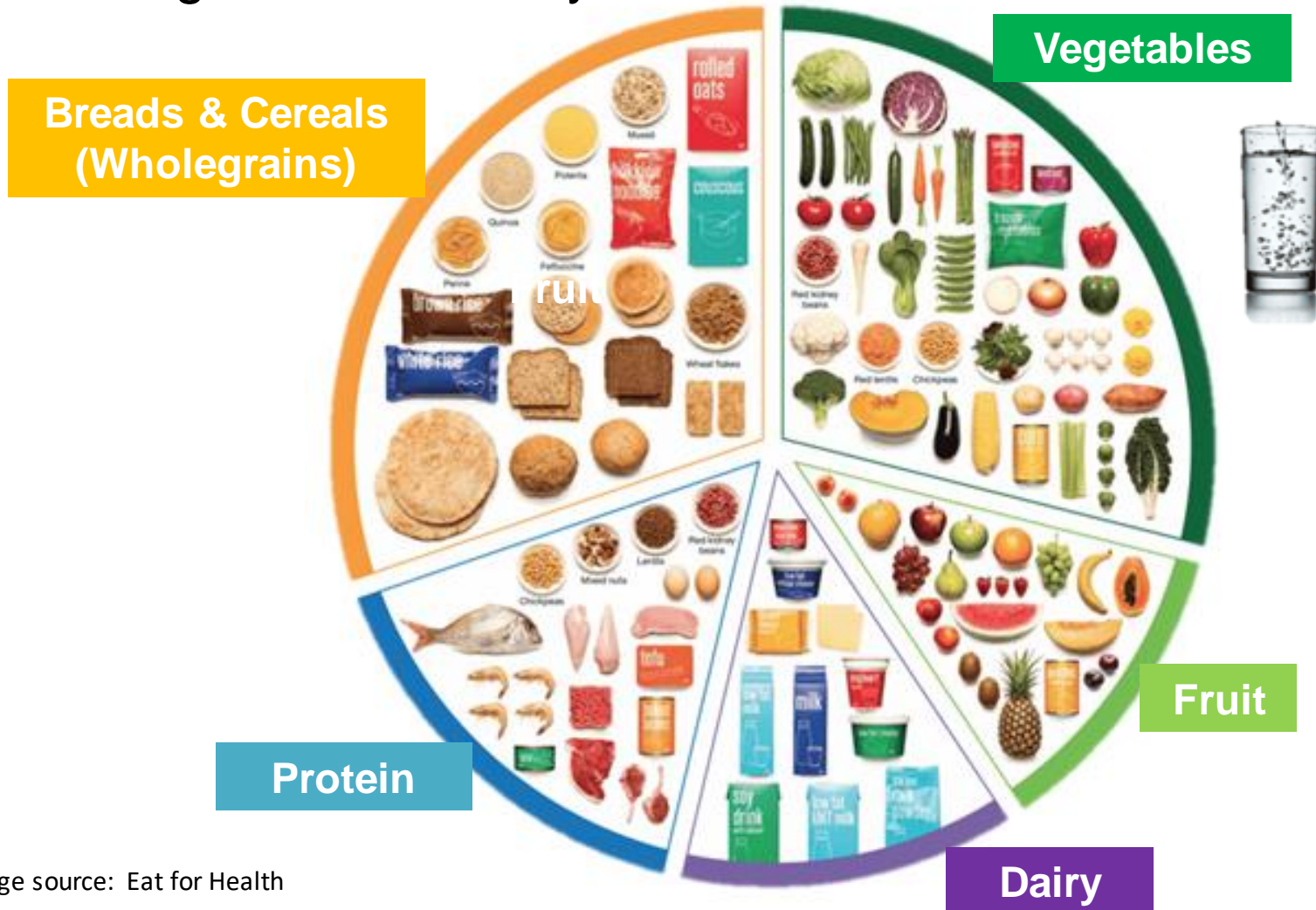
- Why healthy lunchboxes are important
- What to pack
- Label reading: choosing healthier packaged foods
- Resources
- Q&A





Australian Guide to Healthy Eating

Everyday foods and drinks are packed with nutrients children need to grow into healthy adults



Australian Guide to Healthy Eating

Sometimes foods:

- are high in salt, sugar and/or fat.
- do not provide our bodies with essential nutrients.
- are to be enjoyed occasionally in small amounts.



Mealtimes at school



- **Crunch&Sip®**
- **Recess**
- **Lunch**

Crunch&Sip®

What to pack for **Crunch&Sip®**
It's simple!
Crunch&Sip means vegetables, fruit and water only.



Sometimes



www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx

What to include in the lunchbox



MAKE **WATER**
YOUR DRINK



PACK **ICE BRICKS**
TO KEEP FOOD
COOL



USE A **THERMOS**
TO KEEP FOOD
WARM



Fruit

HOW MUCH IS 1 SERVE?

150 grams of fresh FRUIT or :



1 medium piece
(e.g. apple)

=



2 small pieces
(e.g. apricots)

=



**1 cup chopped or
canned fruit**



- Fresh – whole, sliced, cubed
- Frozen
- Pureed
- Canned (in juice, not syrup)
- Dried (in small amounts)

Children and vegetables

5 serves veg each day

A serve of vegetables and legumes/beans is:



½ cup
vegetables (Fresh,
Frozen or canned)



1 cup
green leafy
vegetables



½ cup
legumes/beans/
lentils



1 medium
tomato



8
vegetable sticks



1 in 20

children eat 5 serves of
vegetables a day



Vegetables



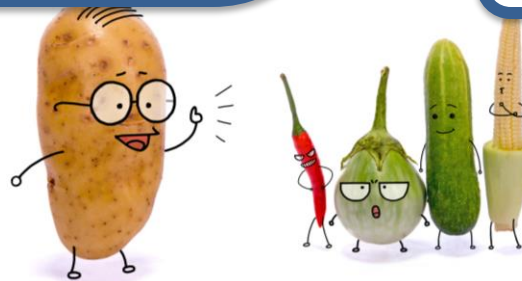
- Veg sticks and dips
- Corn cobs
- Veg muffins
- Veg slice
- Grilled or roasted veg
- Added to sandwiches/wraps/rolls
- Hidden in pasta sauce
- Salads
- Soups

Include veg everyday

Encourage enjoyment of
different colours and textures

Keep it fun and interesting for
kids

Show your kids that you enjoy
eating veg



Wholegrains/cereals

- Fibre is an important nutrient
- Keeps children full for the school day
- Helps with concentration



- Plain popcorn
- Whole grain crackers or rice cakes
- Bread, wraps, rolls, lavash, pita bread with Everyday fillings
- Fruit bread/pikelets/scones
- Rice/pasta



Dairy and substitutes

- Important for healthy growth and development of strong bones and teeth
- Choose reduced fat options



- Cheese (slices, cubes or sticks)
- Ricotta or cream cheese
- Yoghurt and plain custard
- Reduced fat milk/milk alternatives
- Dairy based dips i.e. Tzatziki

Lean meat and protein alternatives



- Important for building, maintaining and repairing body tissue
- Keep us fuller for longer and satisfies hunger

- Hard boiled eggs
- Canned tuna or salmon
- Baked beans
- Hummus and other bean dips
- Sliced cold lean meats
- Dinner leftovers e.g. stir fries, spaghetti bolognese



Drinks

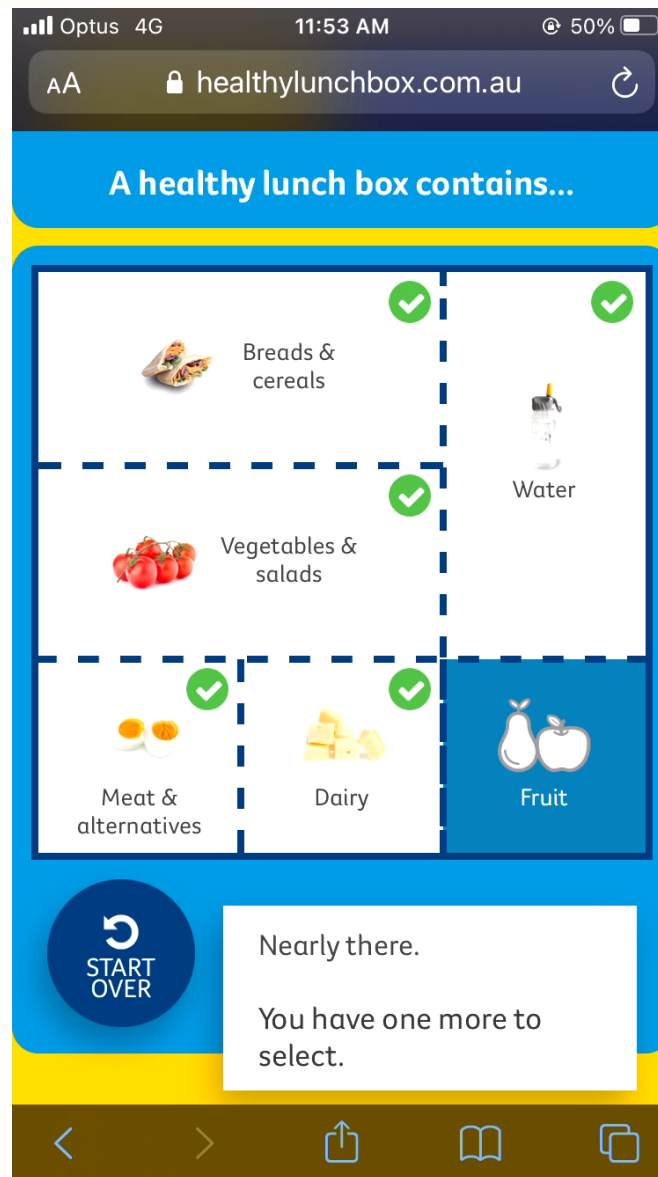
- Children need at least 5 cups of fluid /day
- Water and plain reduced fat milk are the best choice
- Pack a drink bottle daily that can be refilled
- Fruit juice, sugar sweetened drinks and artificially sweetened drinks should be avoided



Building a healthy lunchbox



Healthy lunchbox builder



Reading food labels

Nutrition Facts			
Serving size: 1 serving = 170g			
	Qty per serving	Qty per 100g / 100ml	% daily intake*
Energy			
Energy Cal			
Protein			
Total Fat			
Saturated Fat			
Carbohydrate			
Sugars			
Sodium			

LABEL READING POCKET GUIDE

Choose healthier foods when shopping



NUTRIENT	CHOOSE FOODS WITH
Total Fat	Less than 10 g per 100g
Sugar	Less than 15 g per 100g
Fibre	More than 3g per <u>SERVE</u>
Sodium (salt)	Less than 400mg per 100g

**HEALTHYEATING
ACTIVE LIVING**

Ingredient list

- Check first ingredient (%)
- If fat, sugar or salt is on the **first three** ingredients swap it for a better choice

Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt, extract, honey, salt, vitamins.

"Cereal" is the highest ingredient followed by "psyllium husk", then "sugar".

Other names for...

- **Fat:** butter, milk solids, coconut oil, cream, palm oil, vegetable shortening
- **Sugar:** dextrose, fructose, glucose, syrup, honey, malt, maltose
- **Salt:** monosodium glutamate (MSG), sodium bicarbonate, mineral salts, rock salt, garlic salt

Let's compare: crackers/crispbreads

Crispbread A



- Made with only 2 ingredients
- Healthy snack option

Crispbread B



- Made in Australia
- Healthy snack option

Let's compare: crackers/crispbreads

Crispbread A

Nutrition Facts			
Serving size: 1 serving = 2 Slices (20g Avg)			
	Qty per serving	Qty per 100g / 100ml	% daily intake*
Energy	286kJ	1440kJ	
Protein	1.7g	8.5g	
Total Fat	0.2g	1.2g	
Saturated Fat	< 0.1g	0.2g	
Carbohydrate	13.3g	66.6g	
Sugars	0.6g	3.0g	
Dietary Fibre Total	3.0g	15.2g	
Sodium	58mg	290mg	

Ingredients:

Whole Grain Rye Flour (80%), Rye Flour (19%), Salt.

Crispbread B

Nutrition Facts			
Serving size: 1 serving = 25.8g			
	Qty per serving	Qty per 100g / 100ml	% daily intake*
Energy	490kJ	1900kJ	5.60%
Protein	2.6g	9.9g	5.10%
Total Fat	3.9g	15.1g	5.60%
Saturated Fat	1.9g	7.3g	7.90%
Carbohydrate	17.3g	67.1g	5.60%
Sugars	0.2g	1.0g	0.30%
Dietary Fibre Total	1.0g	3.7g	3%
Sodium	177mg	685mg	7.70%

Ingredients:

Wheat Flour, Vegetable Oil, Salt, Malt Extract, Yeast Raising Agent (E336, E500), Emulsifier (E322:Soy), Milk Solids.

Practical tips to try

- Pack the first couple of lunches with your child
- Buy lunchboxes as a Christmas gift and practice using the lunchbox at home
- When shopping use the label reading pocket guide to choose healthier packaged items



Resources

Parent & Carer Resources



Eating for good health

[More Information](#)



Fussy eaters

[More Information](#)



Screen time and sleep

[More Information](#)



Getting active

[More Information](#)



Healthy teeth and gums

[More Information](#)



Recipe ideas for families and children

[More Information](#)

Take home messages

- Variety is important
- Include vegetables
- Show your child you like healthy eating too
- Keep it positive



Q&A

South Eastern Sydney Local Health District

Health Promotion Service

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Thank you

- Follow up resources
- Evaluation

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