Welcome to the Wishart State School

Healthy Lunchbox Guide

Based on the Australian Guide to Healthy Eating, this guide shows practical and realistic examples of healthy lunches that follow the recommendations.

Best of all, these lunches are provided by Wishart parents who also share tips and advice on how to pack healthy lunches quickly and with confidence. Wishart kids love it!

Lunchbox Guide

Lunchbox Guide

Healthy Healthy Healthy

Pick something from each group, 1-6.

A healthy lunchbox consists of a main lunch item and snacks that provide something from each of the 5 food groups. The amount of food should be suitable for your child. Try to vary the colours and textures each day. The 6 steps below will help you check that each food group is offered along with a bottle of water.

Wishart State School supports and encourages healthy eating because a healthy diet can improve behaviours critical to educational success and performance at school.

All children no matter what their age, size, gender or activity level, need to eat from the 5 food groups every day. By including each of these in the lunchbox, they are being provided an excellent opportunity to consume the core foods they need to grow and develop, concentrate in classes and establish good health throughout childhood and into adulthood.
Here are some examples of lunches packed for children at Wishart State School! Each lunchbox presented has the five food groups included. Note the variation in types of foods, amounts and even designs! Every child has different tastes, appetites and energy levels, so the amount of food in the lunchbox will vary.

Disclaimer: Wishart State School does not endorse or promote, nor is it connected in any way to the manufacturers of, any commercial products that may be pictured in this document. Any products shown are: (i) choices made by the individual parent who helped pack the lunchbox, and (ii) used in this document by the author as examples only.

**Real Wishart Lunches!**

**Stephanie Alexander’s Muffin Recipe**

220g self-raising flour (wholemeal works well) approx. 1 ¾ cups
½ cup raw/castor sugar
¾ cup milk/buttermilk
1 egg
¼ cup vegetable oil (ricebran is a good option)

Preheat oven to 180°C and either grease muffin tins or use muffin papers. Mix flour with sugar. Add any additional dry ingredients such as spices or nuts (but not for school lunchboxes).

In a separate bowl combine milk, egg and oil and whisk together. Stir in any wet ingredients, such as mashed banana. Make a well in the middle of the dry ingredients, pour in liquid and mix lightly. Don’t over mix. Spoon batter into tin until 2/3rds full, bake for 20-25mins until golden on top.

Add these extra ingredients to create these tasty flavour combinations (the possibilities are endless):
- Apple (grated) and cinnamon
- Banana (with or without cinnamon)
- Banana and choc chip
- Raspberry
- Blueberry
- Banana and Blueberry
- Grated cheese
- Chopped ham, corn and cheese

**Parent tip!**

Put yoghurt & blueberries in containers into the freezer the night before, to keep cool the next day.

**Parent tip!**

Roll up the wrap in sandwich paper, twist the paper ends and cut through middle of both - this keeps the wrap together while it’s eaten.

**Parent tip!**

I had trouble getting my child to eat what I gave him. I succeeded by enticing him with a daily non-food reward if he finished his food and another if he finished the water.
More Wishart Lunches!

Parent tip!
Cut more carrot sticks than you need and keep them in a container of water to stay fresh for the next day.

Extra Healthy Snacks:
In addition to the 5 food groups, some children may require an additional healthy snack for an extra energy boost throughout the day.

Healthy snacks are nutrient rich and based on fruit, vegetables, wholegrain cereals or dairy. Examples of healthy snacks include:
- air-popped popcorn,
- dried fruits,
- vegie sticks and hummus,
- wholegrain muffins with fruit or vegies and
- wholegrain crackers and cheese.

QUICK RECIPE:
Popcorn:
Place 1 tbsp popping corn kernels in a brown paper bag. Fold over open end. Microwave on high for a maximum of 1 min 30 sec.

Parent tip!
Definitely prepare the night before (can’t stress this enough) and I actually find if you make it while you’re cooking dinner, it makes life easy as you’re already chopping and doing food prep and it doesn’t take much to then do the lunches as well.

QUICK RECIPE:
Pita or Bun Pizza:
Take bread, spread with tomato paste, add meat, vege and cheese toppings, grill ~8 mins or until brown. Cool on rack. Once not steaming, cut and put into container and cool completely in fridge until time to leave for school.
More Wishart Lunches!

**Parent Tip!**
Get rid of all the “junk food” in the house so you aren’t tempted to put it in! If it’s not there you can’t use it!

**Parent Tip!**
I premake a lot of food and freeze for the main component i.e. cheesymite scrolls or vegetable muffins so when I am making lunch I can just grab one out of the freezer and put it in.

**DID YOU KNOW?**

Currently, Australian children aged 4-13 years obtain up to 40% of their daily energy intake from treat foods! This can be reduced by limiting treats in the lunchbox.

---

**Treat Foods and Sweetened Drinks:**

Sometimes we want to treat our children with foods that are high in sugar, fat and salt. Since these foods are not essential or necessary as part of our diet, they should be eaten only sometimes and in small amounts. Examples include chips, sweet biscuits, cakes, muesli bars, chocolate, pastries and sweetened drinks. The Australian dietary guidelines recommend saving these choices for special occasions only. Limit these treat foods to once a week (if at all). Try looking for “better” options or make your own.
More Wishart Lunches!

**1. FRUIT**
- peach
- grapes

**2. VEGETABLES**
- cucumber, carot, tomato, capsicum, mushroom

**3. DAIRY OR ALTERNATIVES**
- yoghurt

**4. LEAN MEAT OR EQUIVALENT**
- hard boiled egg
- ham

**5. BREADS OR CEREALS**
- rice cakes
- water crackers
- pikelet

### Sustainability:
By following the 6 steps to making a healthy Wishart Lunch, you will more than likely create a “nude” lunchbox which is in alignment with our environment sustainability policy at our school. A nude lunchbox is a lunch using only reusable containers and no wrappers!

### DID YOU KNOW?
- **95%** of children are meeting their daily fruit intake! WooHoo!
- However, only **31%** reach their vegetable targets.

Include more vegies wherever you can!

#### Parent tip!
I do have trouble with having a ‘nude’ lunch box especially with dairy. The girls prefer the squeezy yoghurts and find if I put yoghurt into a container with a lid and a spoon it’s too messy and difficult for them.

#### GOOD NEWS:
There are now reusable squeezy containers available to solve this dilemma! eg Little Mashies

### FRUIT
- orange pieces
- dried apricots & sultanas
- strawberries and grapes

### VEGETABLES
- cucumber and capsicum
- carrot

### DAIRY OR ALTERNATIVES
- yoghurt

### LEAN MEAT OR EQUIVALENT
- hard boiled egg
- ham

### BREADS OR CEREALS
- rice cakes
- water crackers
- pikelet

Excluding packaged foods every day will reduce landfill at school by **31%**.

95% of children are meeting their daily fruit intake! WooHoo!

However, only 31% reach their vegetable targets.

Include more vegies wherever you can!
More Wishart Lunches!

Parent tip!
Get a lunch box that has the different compartments - it seems easier to see what you've packed so you remember to pack 1 fruit, 1 veg, 1 dairy, main lunch, 1 healthy snack.

QUICK RECIPE:
Sushi Rolls:
Use left over rice from the night before spread over a nori (dried seaweed) sheet, ensuring the rice used has been refrigerated. Add filling and roll up. Use tuna or chicken plus any salad your child will eat! Seriously, sushi is quick!

Food Safety:
Always include an ice brick or frozen water bottle in an insulated lunch bag. This will keep food cool for longer and prevent any nasty bacteria from growing too fast. The Food Safety Information Council recommends keeping lunches cool in the fridge until time to leave for school, and to clean lunch bags thoroughly at the end of the day.

DID YOU KNOW?
Without an ice brick, the lunchbox can rise up to room temperature in 1½ hours! Ooh. Nasty!
More Wishart Lunches!

Sandwich Ideas
Ideas to fill a sandwich, roll or wrap

Lean Meats
- Lean roast meat, chutney, lettuce and tomato
- Corned beef, creamed cheese, spinach and mustard
- Lean roast meat, chutney, lettuce and tomato
- Low fat turkey slices with cranberry sauce and salad
- Roast chicken, avocado, lettuce and cucumber
- Chopped pesto chicken with avo and sundried tomato

Fish
- Tuna with lettuce and beetroot
- Salmon, cream cheese, lettuce and grated carrot
- Tuna, ham, ham, spinach
- Salmon pattie with mango and lettuce
- Tuna, corn, lettuce and mayo

Chicken or Turkey
- Low fat turkey slices with cranberry sauce and salad
- Chicken, grated apple and celery and ricotta
- Steamed chicken lettuce and mayo
- Roast chicken, avocado, lettuce and cucumber
- Chopped pesto chicken with avo and sundried tomato

Vegetarian
- Hardboiled egg (mashed) with lettuce
- Feta and tomato and tahini
- Mashed banana with thinly sliced dates or sultanas
- Low fat cheese, lettuce, tomato, beetroot, cucumber, alfalfa sprouts, pineapple and grated carrot

Veggie Ideas to Try

Vegies in baked items
- Roasted chickpeas
- Grilled or roasted eggplants
- Grilled or roasted vegetables
- Wholemeal vegie muffins
- Vegie slice (with zucchini or carrot)
- Popcorn
- Vegie pikelets
- Corn fritters
- Rice, bean and carrot balls
- Cheese puffs - incl. zucchini

Vegies in salads
- Coleslaw
- Potato salad
- Mexican bean, tomato, lettuce and cheese
- Pesto pasta salad

Vegies in soup
(served in thermos)
- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

Fresh and crunchy
Cereal/carrot/cucumber sticks/snow peas served with:
- Hommus
- Tomato salsa
- Tzatziki
- Natural yoghurt
- Butterbean dip
- Pumpkin dip
- Beetroot dip

DID YOU KNOW?
In Qld in 2015...

Only 1 in 5 lunchboxes contained vegetables!

Let's improve that statistic at Wishart State School and include more vegies every day!

Lean Ham
- Tomato, lean ham and low fat cheese
- Lean ham, avocado, carrot and pineapple
- Lean ham, grilled eggplant and pesto* (contains nuts)
- Lean ham, hommus, grated carrot and shredded lettuce
- Lean ham, cream cheese and grated carrot

Lean Meats
- Corned beef, creamed cheese, spinach and mustard
- Lean roast meat, chutney, lettuce and tomato
- Low fat turkey slices with cranberry sauce and salad

Vegetarian
- Hardboiled egg (mashed) with lettuce
- Feta and tomato and tahini
- Mashed banana with thinly sliced dates or sultanas
- Low fat cheese, lettuce, tomato, beetroot, cucumber, alfalfa sprouts, pineapple and grated carrot

Dairy or Alternatives
- Natural yoghurt
- Feta
- Cheese, tomato and tahini
- Mashed banana with thinly sliced dates or sultanas
- Low fat cheese, lettuce, tomato, beetroot, cucumber, alfalfa sprouts, pineapple and grated carrot

Special dietary requirements:
Be aware of the special needs of children with severe allergies at our school. If advised by your teacher, it is considerable to avoid sending food items, such as peanuts, tree nuts, dairy, eggs or shellfish in the lunchbox in order to minimise risk. Educate your child that they should wash hands before and after eating and they should not share foods.

When it’s not possible to include the 5 food groups in the lunchbox because of allergy considerations be sure to include the missing groups at other meal times!
Recipes

**Butterbean Dip:**

Use wherever you would use hummus – as a dip, sandwich spread or as part of a mezze plate.

- 420g tin butter beans, rinsed, drained
- 1 clove garlic, crushed
- ¼ tsp smoked paprika
- Juice ½ lemon
- ½ cup milk

Put everything into a blender or mini-food processor and blitz until smooth.

**Pumpkin Dip:**

- 500g pumpkin, diced (about 4 cups)
- 1 clove garlic, minced
- ¼ tsp curry powder
- 50g mild feta cheese
- Juice from 1 lemon

Boil a saucepan of water. Add your pumpkin for 10-15 minutes until soft (time will depend on the size of your chunks). Drain. Toss through the garlic while still hot. When cool, blitz well until smooth, adding the curry powder and cheese.

**Beetroot Dip:**

- 2 medium beetroot
- 125g low-fat cream cheese
- 1 tsp caster sugar

Preheat oven to 180°C. Bake beetroot gently. Trim stems leaving about 3cm. Wrap each one in foil. Place on tray and bake for 1 hour until skewer can easily slide through. Leave to cool, coat in sugar and blitz. Pop into a stick blender (or food processor). Blitz. Add rest of ingredients and blitz until smooth and well combined.

**Roasted Chickpeas:**

- 400g can chickpeas
- 1 tsp cumin powder
- 1 tbsp olive oil
- ¼ tsp smoked paprika

Preheat the oven to 200°C. Line a tray with baking paper. Rinse and drain the chickpeas. Remove any loose skins. Leave to totally dry or roll them over paper towel. Pour them onto the tray. Drizzle over the olive oil and sprinkle over the spices and toss to combine. Bake for 20-25 minutes until slightly crunchy. Experiment with this recipe and find flavours that suit your family – other spices to try include parram sail, garlic granules, chilli powder or sumac.

**Veggie Pikelets:**

Serve with tomato chutney & cream cheese

- 1 cup English spinach
- Salt & pepper
- 1 cup self-raising flour
- 1 egg, lightly beaten
- blitz or finely chop spinach

Sift flour into a large bowl. Add in sumac and spinach. Mix in the egg and season well. Stir through enough milk to make a batter. Heat a frying pan over medium heat. Grease with oil or butter then dole out in tbsp amounts of mixture. Turn once bubbling and cook 1-2 minutes either side until brown and cooked through.

**Corn Fritters:**

- 1/2 cup flour
- 2 eggs
- 1/2 cup self-raising flour
- 400g tuna in water, drained
- 125g corn kernels, drained
- 1/2 cup grated cheese
- 1/4 cup chopped coriander

Beat eggs and oil together in bowl. Add remaining ingredients and blitz until smooth. Make small dollops and bake at 180°C (~20 mins). Serve with tomato chutney and cream cheese.

**Rice, beans and carrot balls:**

- 200g white rice
- 125g can kidney beans, rinsed
- 1 egg
- 1/4 cup grated cheese
- 1/4 cup packet breadcrumbs

Preheat the oven to 200°C. Line a tray with baking paper. Cook the rice according to packet instructions. Add the beans and egg to a bowl and mix well. Use a tablespoon to shape into balls. Place on a baking tray, spray with oil and roast for 20 minutes until cooked through. Serve with salsa and cream cheese.

**Zucchini muffins/slice** *(recipe supplied by parent)*

- 5 eggs
- 1/4 cup oil
- 2 cups grated cheese
- 3 tbsp tomato chutney
- 125g low-fat cream cheese
- 50g mild feta cheese

Beat eggs and oil together in bowl. Place all other ingredients in another bowl – make a well and add egg mix. Dump in a muffin pan and bake at 180°C (~20 mins).