

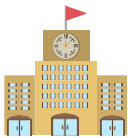


# GWABEGAR PUBLIC SCHOOL

## PACKING HEALTHIER LUNCHBOXES

Our school is committed to supporting all children to live healthy and happy lives. By encouraging children to eat healthy everyday foods at school, together we can make a big difference to a child's health and their ability to learn.

### Why lunchboxes?



1/3

Of a child's dietary intake occurs at school.



**GOOD NUTRITION**

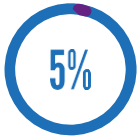
Improves behaviour and concentration in the classroom.



**EVERYDAY FOODS**

Give children energy to play, grow and learn.

### However



**ONLY 5%**

Of primary school aged children eat enough vegies daily.



**ALMOST 1/2**

Of children's lunchboxes are made up of sometimes foods e.g. chips, muffins, muesli bars.



**1 IN 4**

Australian children are above a healthy weight.

## What does a healthy lunchbox look like?

A healthy lunchbox, full of everyday foods, includes:



**Crunch&Sip®:**

Vegetables or a piece of fruit.

**Recess:**

Vegetables or a piece of fruit + 1-2 everyday snacks.

**Lunch:**

Sandwich / wrap / roll with everyday fillings or alternative such as pasta or fried rice.

**Drink:**

Water and/or reduced fat plain milk.

**Good for kids**  
good for life



**swop**  **bt**  
everyday in the lunchbox



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## How to make easy everyday swaps

Making just one swap from a sometimes food or drink to an everyday option supports your child to learn in the classroom and play in the playground. Try some of these simple swaps below\*:

### SAVOURY SWAPS

#### SWAP FROM

These types of sometimes foods

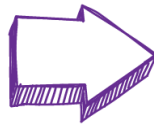
Chips, crisps, pretzels, flavoured biscuits and crackers, cracker and cheese dips



#### SWAP TO

These types of everyday foods

Plain popcorn, rice crackers, vegetable based dips, corn or rice wheels/cakes, roasted fava beans or chickpeas, baked beans, boiled egg, reduced fat cheese, vegetable sticks, pumpkin or sunflower seeds, hommus, crispbreads or plain crackers



### SWEET SWAPS

#### SWAP FROM

These types of sometimes foods

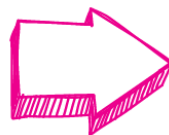
Roll-ups, fruit sticks, breakfast based bars, muesli bars, chocolate bars, sweet biscuits, dairy desserts, cakes, muffins and slices



#### SWAP TO

These types of everyday foods

Fresh fruit in season, tinned fruit in natural juice, dried fruit (small amounts), high fibre breakfast cereals, fruit buns, raisin toast, pikelets, reduced fat plain or fruit yoghurt, reduced fat custard



\*The information provided in these guidelines may not meet individual health, nutritional or medical requirements and should only be used as a guide.





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## WHAT ABOUT DRINKS?

### SWAP FROM

These types of sometimes drinks



### SWAP TO

These types of everyday drinks



## How does our school support the packing of healthy lunchboxes?

Gwabegar Public School supports the packing of healthy lunchboxes by:

- Providing information to new families at the Kinder orientation;
- Including information for parents in the newsletter;
- Modelling the eating of everyday foods by our staff;
- Providing student learning experiences targeting health and nutrition;
- Linking with reliable organisations to provide healthy lunchbox ideas and support;
- Supporting teacher learning in relation to health and nutrition;
- Ensuring that no child misses out on fruit, vegetables, breakfast or lunch, the school will supply breakfast and a piece of fruit that is consistent with the Australian Dietary Guidelines

For more information on Healthy Lunchboxes (including further ideas), visit [www.goodforkids.nsw.gov.au/SWAP-IT](http://www.goodforkids.nsw.gov.au/SWAP-IT)