



## HEALTHY FOR LIFE

## HEALTHY EATING TIPS FOR KIDS

### ENCOURAGE HEALTHY EATING EARLY

Overweight and obesity often starts during the primary school years. Children generally obtain around 1/3 of their daily energy intake at school, so it's important to provide a healthy and nutritious lunchbox every day.

Many overweight children continue to be overweight as adults, so developing healthy habits in childhood leads to healthier decisions, actions and habits throughout life. Parents and carers have an active role in children develop healthier habits.

Healthy Lunchbox Week (5-11 February), a Nutrition Australia initiative, serves to equip families with the skills and knowledge necessary to kickstart Term 1 by preparing nutritious, tasty school lunchboxes to support growth, development, and learning.

#### HERE'S 4 SIMPLE STEPS TO CREATE A HEALTHY SCHOOL LUNCHBOX - EVERYDAY!

**MAIN LUNCH: INCORPORATE A GOOD SOURCE OF COMPLEX CARBOHYDRATES AND PROTEIN LIKE CHICKEN & SALAD SANDWICH ON WHOLEGRAIN BREAD, EGG & LETTUCE WHOLEMEAL WRAP, PASTA WITH LENTIL & VEGETABLE SAUCE, TUNA & AVOCADO SUSHI**

**ADD COLOUR! LIKE BANANA, APPLE, GRAPES OR VEGETABLE STICKS**

**LITTLE LUNCH/SNACKS SUCH AS YOGHURT, BOILED EGG, CAN OF TUNA**

**DRINK MAINLY WATER! FOR ADDITIONAL FLAVOUR ADD FRUIT OR YOU COULD USE FRUIT JUICE WITHOUT ADDED SUGAR.**

#### TIPS FOR GETTING STARTED

- ✓ Get organised. Actively set aside time to shop for groceries. Pre-prepared school lunches are great ways to stay organised and ensure nutritious lunchboxes are ready for the busy week ahead.
- ✓ Involve the kids, research shows involving kids in preparing healthy meals and snacks for school increases their likelihood of developing positive attitudes and behaviours towards food. Take the kids along to the grocery store or supervise them as they prepare their healthy sandwich for lunch.
- ✓ Reduce food waste by using leftovers from last night's dinner. Leftover roast chicken and/or vegetables are great for nutritious sandwich fillings.
- ✓ Prioritise food safety by keeping food in sturdy, insulated, well-sealed containers and use ice bricks to ensure food remains cool and fresh.
- ✓ Mix it up. Keep kids interested and satisfied by mixing things up every so often. This can be as simple as making a wrap instead of a sandwich or offering different salad vegetables and fruit.

At Nutrition NSW we encourage environments that support healthy eating and active living, such as health displays & events, menu & canteen assessment, and family consultations. [Contact us today](#) for help and advice on how to support you and your family in creating healthy habits.

