Lunchbox Checklist for Food Brought from Home for 2 to 5 year olds

A Guide for Families

Use this checklist to help provide nutritious food each day your child is in care for **eight hours or more**. This usually includes morning tea, lunch and afternoon tea. The recommended number of serves from each food group, while in care, is provided below.

<table>
<thead>
<tr>
<th>Wholegrain cereal foods and breads</th>
<th>Fruit</th>
<th>Salad vegetables or legumes</th>
<th>Dairy foods or high calcium alternatives</th>
<th>Lean meats, chicken, fish, eggs or alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>❐ 2 serves</td>
<td>❐ 1 serve</td>
<td>❐ 2 serves</td>
<td>❐ 1 serve</td>
<td>❐ ¼ serve</td>
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<tr>
<td>Each of the following is 1 serve:</td>
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<tr>
<td>1 slice of bread</td>
<td>1 cup of chopped fruit</td>
<td>½ cup cooked or raw vegetables</td>
<td>250ml milk</td>
<td>50g cooked red meat</td>
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<tr>
<td>⅔ cup breakfast cereal</td>
<td>2 small pieces of fruit</td>
<td>1 cup salad</td>
<td>40g cheese</td>
<td>60g cooked chicken</td>
</tr>
<tr>
<td>½ cup cooked rice</td>
<td>1 medium size piece of fruit</td>
<td></td>
<td>2 slices cheese</td>
<td>75g fish</td>
</tr>
<tr>
<td>½ cup cooked pasta</td>
<td>30g dried fruit (occasionally)</td>
<td></td>
<td>¾ cup yoghurt</td>
<td>1 cup cooked legumes</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>250ml calcium fortified soy milk</td>
<td>2 medium eggs</td>
</tr>
</tbody>
</table>

Examples:
- 3 wholegrain crispsbreads
- ½ bread roll
- ½ pita pocket bread
- ½ fruit muffin
- 2 thick rice cakes
- 3 corn thins
- 1 slice fruit loaf
- 5 water crackers
- 2 pikelets
- 1 small fruit scone
- 10 rice crackers
- ½ cup cooked pasta spirals

*Choose wholegrain or high cereal fibre varieties.

Examples:
- 1 medium banana
- 1 medium bunch of grapes
- 2 mandarins
- 2 kiwi fruit
- 1 medium orange
- 1½ tablespoons sultanas
- 1 medium pear
- 2 small apricots
- 2 small plums
- 4 dried apricot halves
- 6 large strawberries
- ½ cup green beans
- ½ medium potato
- 1 cup cucumber sticks
- 1 cup halved cherry tomatoes
- 1 cup carrot sticks
- ½ cup broccoli florets
- ½ cup 4 bean mix
- ¼ cup hommus

Examples:
- 250ml plain milk
- 200g fruit yoghurt
- ¼ cup custard
- 1 cheese triangle/wedge
- 2 slices of cheese
- ¾ cup baked beans
- 50g lean ham
- ¼ chicken breast in strips
- 2 small meatballs
- 2 medium boiled eggs
- 1 chicken drumstick
- 1 small 75g tin tuna or salmon
- 1 slice of cold roast meat
- 130g tofu

*Choose mostly reduced fat milk and dairy products for children over 2 years of age.

Please don’t send these foods:
- Sticky snacks like some health food bars, muesli bars, lollies and fruit straps as these may cause tooth decay.
- Foods high in fat and sugar like sweet, cream-filled and chocolate-coated biscuits, chocolate and chocolate or yoghurt coated health food bars.
- Foods high in fat and salt like chips and savoury snack biscuits.