



3 Simple & Healthy Lunchbox Ideas for Busy Parents

All the lunchbox fillers in the menus below can be made in larger quantities to see you through a few days. They are easy to store in the fridge and can simply be popped into lunchboxes the night before. Why not have some fun with your children and make their lunches together? Trust us, they will love to get involved and get messy in the kitchen! You are also much more likely to see an empty lunchbox and a happy smile come home at the end of the day.

Lunchbox #1

- Whole wheat sandwiches with avocado, vegemite and cheese
- Egg and banana pancake rolled up
- Small yoghurt pouch
- Water/100% natural juice box

Lunchbox #2

- Homemade pizza on whole wheat wraps with ham and cheese
- Nut free coconut bliss balls
- Frozen blueberries and grapes or strawberries
- Hummus and veggie sticks

Lunchbox #3

- Whole wheat pasta with chicken
- Pineapple and strawberry kebabs
- Homemade granola slice
- Cherry tomatoes and bocconcini

You will find all the above recipes plus fun videos, tips, and information about nutrition for children at www.lll.edu.au throughout 2017. Watch out for what's new on our Facebook and Storypark pages and when you visit your nearest centre!

