

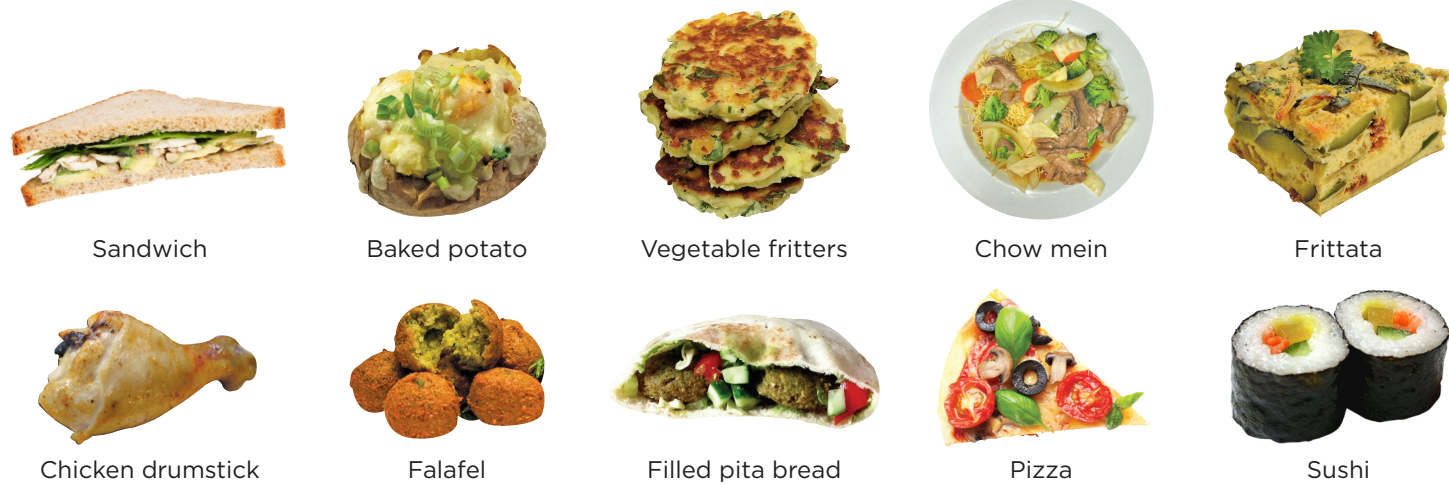
Healthy lunches made easy

Health New Zealand
Te Whatu Ora

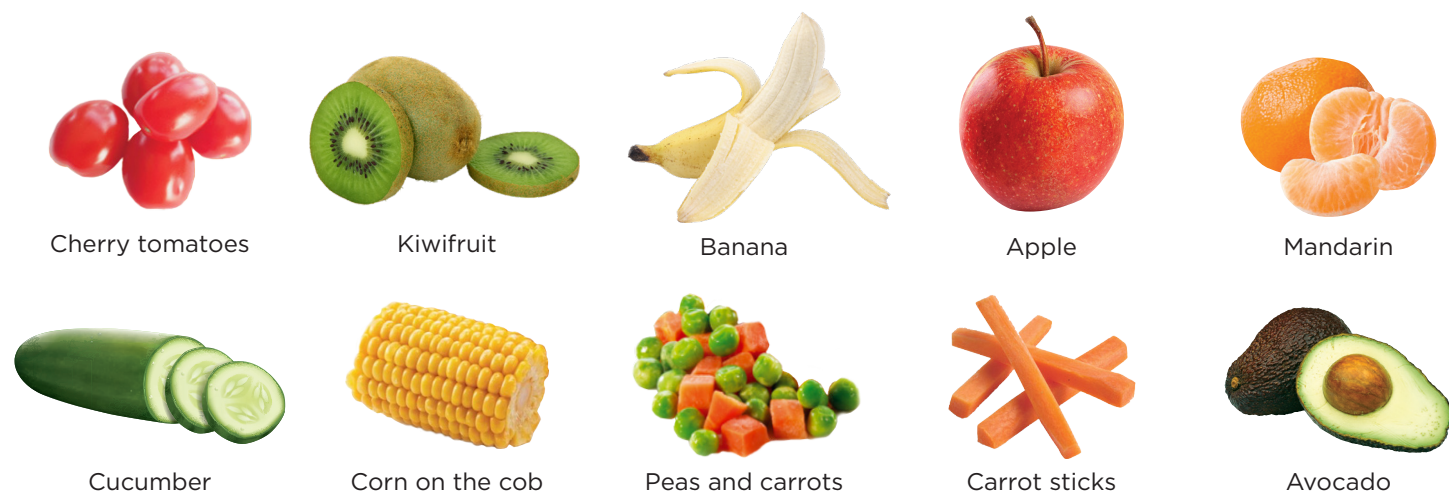
Step One - choose foods that help children learn and grow.

The foods illustrated are examples and are not a complete list of lunchbox options.

GROUP 1 - MAIN LUNCH ITEM



GROUP 2 - FRUIT AND VEGETABLES

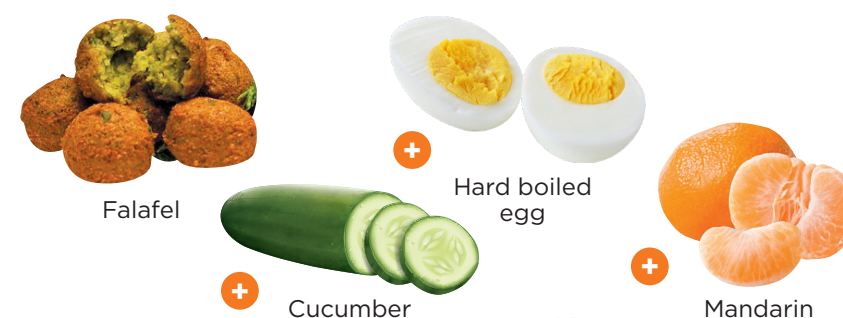
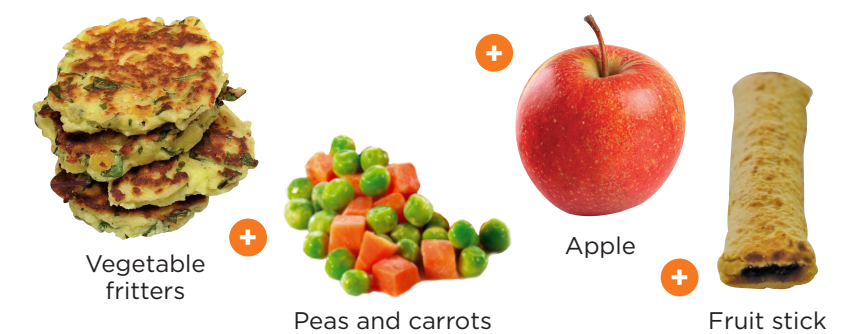
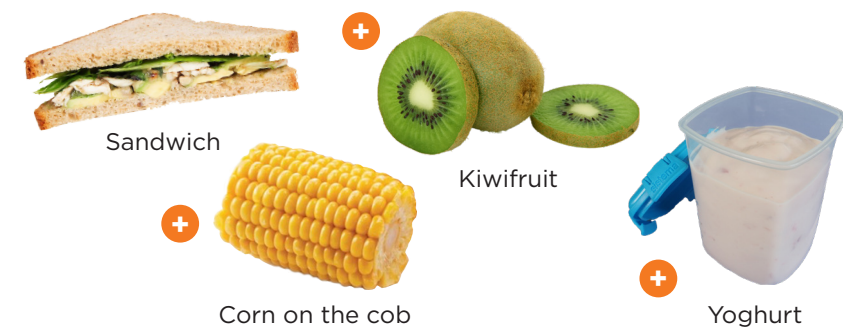


GROUP 3 - OTHERS



Step Two - put it all together!

Make up the lunchbox using a variety of foods from each of the three groups. For active children, simply bump up the quantity of foods provided.



Tips for children's lunches

1. Pack a main lunch item, such as:
 - A sandwich with high fibre bread, roll or pita and satisfying fillings such as a protein plus salad, cheese, hummus or peanut butter.
 - Leftovers from dinner, salad, pasta with tinned fish, mousetraps or savoury scones.
2. Ask your ECE what they provide for morning tea – if sandwiches, your child may not want another sandwich in their lunchbox.
3. Keep food items small and manageable. Bite sized portions and pre-cut sandwiches are more likely to be eaten.
4. Choose water and/or milk as the drinks of choice. Sweet drinks contribute to tooth decay.
5. Keep the lunch cool by using an insulated lunchbox or a frozen drink bottle.
6. It's OK to keep lunch simple. Lots of options may overwhelm children, leading them to eating less and an increase in food waste.
7. Involving children in food preparation makes them more likely to eat that food.
8. Give children simple choices, e.g. "would you like an apple or orange today, egg or tuna in your sandwich?" This allows them to feel they have some ownership over their food.

9. Reduce choking risk by choosing age and stage appropriate food. For more detailed information: www.health.govt.nz/search/results/choking

This resource is available from health.govt.nz or the Authorised Provider at your local health district.
Authorised by: Community and Public Health
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