



Pre-Kindy Lunch Box

- Joondalup Family Centre are an “Allergy Aware” service and ask all parents not to bring any food into the Centre that contains nuts or nut products.
- In the case of a child being enrolled who is at risk of anaphylaxis of other foods e.g. fish, we will notify families.
- Children can only bring Water in their water bottle. No Fruit juice, milk or other beverages can be brought into Pre-Kindy.
- We ask Parents to cut up fruit and veggies for young children who many not be able to manage whole Fruits and Veggies, halved grapes and spiralised cucumber and carrots can still be a good option and easier for them to chew and swallow.
- Joondalup Family Centre offers Afternoon tea each day for Pre-Kindy and we encourage parents to pack healthy food options for their children’s lunch and morning tea.
- Children are to bring separate containers for morning Tea and Lunch. Both placed on the trolleys.

The bento box has a lot more going for it than looking great. It can actually be your secret weapon to increasing the variety of foods your kids are eating, by popping something different in each section.

For them it’s all about the fun and choosing what section to eat first. It’s particularly good for little fuss-pots that don’t like their foods touching.

Grains - Wholegrain sandwich

Fruit - Grapes, berries or mandarin segments

Dairy - Cheese cubes or yoghurt

Veggies and Protein - Hummus dip, mini lentil patties and veggie sticks

Wholesome treat - Bliss ball or mini fruit and grain muffin

4 parts to a healthy lunchbox

1. Main item – sandwich/wrap/roll, pasta with vegetables, soup, frittata or sushi.
2. Fruit or vegetable snack – whole fruit, cut up veggie sticks, canned fruit in natural juice, a small salad, Grapes, berries or mandarin segments.
3. Second snack – yoghurt, grainy crackers with cheese, plain popcorn, a slice of raisin bread, a wholemeal fruit muffin, a boiled egg or a can of tuna.
4. Something to drink – a bottle of tap water is best.

Fill them up with fibre

A good old sandwich or wholegrain roll should never be underrated. Packed with fibre, it is a great way to help fill kids up at lunch and keep them going through afternoon. Some Aussie kids fall short on getting the right amount of grain foods, which may impact their fibre intake.

Extra fibre will help to keep them regular and help maintain their gut health. Any chance to eat more wholegrains is a bonus!

Be water wise

Every lunchbox needs some liquid and you don't need to look any further than fresh water. Juices, sports drinks and cordials can often be havens for hidden sugar and not allow at Pre-Kindy.

Say cheese

Take every opportunity to increase their calcium intakes. Calcium is essential for growing bodies, strong bones and teeth. Wholegrain cereal and milk (or fortified plant-based milk) for brekkie is a great start, and keep this going by making sure there's yoghurt or cheese in the lunchbox.

Focus on fresh

Try and find in season fruit and veg. Not only will it save you money, you'll be getting the produce at its best. Think sweet summer stone fruit or crisp winter apples.

Easy freezy

Frittatas, savoury muffins and mini quiches are great lunches to make in bulk and freeze in individual serves. You've got a super quick and easy option to pop in the lunchbox on those extra crazy school mornings.



More information can be found at:
<https://lifeed.org.au/families/resources-for-parents-carers/>