GRAB AND GO
LUNCHBOX & SNACK IDEAS
GRAB AND GO GREEN SELECTIONS:

☐ Fresh fruit / fruit pieces or vegie sticks in a ziplock bag or plastic container eg:
  ▪ Cherry tomatoes
  ▪ Snowpeas
  ▪ Sticks of Carrot / celery / cucumber, red, yellow and green capsicum
  ▪ Celery sticks filled with a mix of ricotta, grated carrots and sultanas
  ▪ Cucumber or carrot ribbons
  ▪ Cut up rock melon, watermelon pineapple etc (can use tools to cut into fun shapes – tools avail from Kmart)
  ▪ Apple pieces (try dusting it with cinnamon), pear pieces, mandarin segments, grapes, nashi pear
  ▪ Strawberries, cherries and other berries
  ▪ Bananas
  ▪ Fruit kebabs or fruit salad
  ▪ Frozen fruit pieces (orange, pineapple, watermelon, grapes)

☐ Yoghurt or custard cups - Sliced fruit or fruit salad with low fat yoghurt or low fat custard in a container, could top with some granola or toasted muesli.
☐ Low fat yoghurt pouches and all low fat unfrozen yoghurts (fruit and plain)
☐ Pitta chips – toasted pitta bread, can serve with a cream cheese dip (reduced fat), hommus, tzatziki, corn relish or other dip. See dip recipes below
☐ Vegie sticks and dip as above served in a small plastic cup – ‘shot glass’
☐ Healthy wholegrain cracker (see TSCA product list for better choices) and dip as above
☐ Cheese and cracker pack - reduced fat cheese pieces or cubes with wholegrain crackers
☐ Cheese shapes (lite cheese) using fancy biscuit cutters on toothpicks
☐ Cocktail capers – toothpicks threaded with some of the following:
  ▪ Cheese cube(lite)
  ▪ Grape
  ▪ Pineapple piece
  ▪ Melon cube
  ▪ Dried Apricot
  ▪ Cocktail onion or gherkin

☐ Fruit bun or fruit bread
☐ Popcorn – fresh popped at home (no additives)
☐ Wholegrain cereal packs such as Weetbix bites
☐ Nibble bags – mixtures of dried fruit as above, seeds – sunflower and pepita / pumpkin seeds, homemade popcorn, wholegrain cereals as above
☐ Rice cakes and toppings eg cottage or ricotta cheese and dried fruit, vegemite,
☐ Boiled egg
☐ Small tub of baked beans
☐ Banana roll – bread roll wrapped around a roll
☐ Small carton of plain milk or reduced fat flavoured milk
☐ Garlic bread or roll (using marg instead of butter)
☐ Mountain bread rollups – can fill with simple spread like a cream cheese dip or hummus and add one or more veg such as cucumber, lettuce, grated carrot and/or ham
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GRAB AND GO AMBER SELECTIONS:

- Bulla frozen yoghurts 100ml (Raspberry, strawberry or mango)
- Coles rice crackers (plain or cheese) 100g packs, a serve is 25g
- Arnotts Jatz 97% fat free crackers – 180g packs, 25g is a serve
- Arnotts Savoy – 97% fat free crackers – 180g packs, 25g is a serve
- Arnotts Water cracker – original – 125g packs, up to 5 biscuits is a serve
- Arnotts Salada – Wholemeal, Light Original, Multigrain, Original – 250g packs – 1 large biscuit
- Pauls custard pouch – vanilla or chocolate 140g
- Sultanas and other dried fruit e.g. apricots, dates, currants, cut up fig pieces in a ziplock bag
- Nibble bags – mixtures of dried fruit as above, seeds – sunflower and pepita / pumpkin seeds, homemade popcorn, wholegrain cereals as above
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For more information on Love in a Lunchbox contact:
Clarence Plains Child & Family Centre on (03) 6246 6444.
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