Healthy Lunchboxes for Kids

Kids need healthy, nutritious food in their lunchboxes to fuel their brains and bodies at school. Fatty and sugary foods with empty calories can make them feel sluggish, lead to mood swings and other problematic behaviour, and stifle their learning.

Whole, nutrient-dense foods on the other hand lead to content, happy kids with stable moods and sharp mental focus.

The key to introducing more healthy foods into their lunchboxes is to make it easy for you, and fun for them! Just be sure to include plenty of complex (slow-burning) carbohydrates such as wholegrains, fruits and vegetables, some protein and healthy fats.

Here's some ideas:

- Mixed fruit cubes on bamboo skewers
- Raw vegetable sticks (carrots & celery) with hummus
- Ants on a log (celery sticks with raisins on top)
- Mini muffins
- Bliss balls
- Nuts & raisins
- Rice crackers (avoid flavourings & colourings)
- Rice cakes with peanut butter or avocado
- Plain corn chips
- Plain popcorn
- Dried fruit (dates / apricots / papaya)
- Canned fruit
- Banana bread
- Fresh fruit in their natural packaging – their skins!
- Falafels
- Homemade sushi
- Peanut butter on apple slices
- Rice paper rolls
- Smoothies
- Homemade baking (dairy, gluten & egg free)