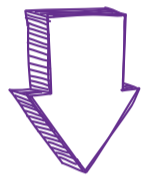


SWAP IT LUNCHBOX CHOICES: SWEET FOODS

SWAP FROM...

Roll-ups Fruit sticks Jelly Muesli bars
 Breakfast based bars (LCMs, Nutri-grain Bars, Milo Bars)
 Sweet biscuits (Tiny Teddies, Gingerbread babies, Oreo Wafer Sticks)
 Chocolate bars
 Cakes, slices, sweet pastries
 Dairy desserts (Yogo, Chocolate Snack Packs)



SWAP TO -

FRUIT:

- Fresh
- Tinned or tubs of fruit in natural juice
- 100% Fruit puree pouch
- Dried fruit* (small serves and occasionally)

BREADS & GRAINS:

- Cereals: Uncle Toby's fruit Bites (Wildberry flavour), Cheerios, Weeties shredded wheat; Be Natural Wholegrain Bites (cinnamon and original), puffed wheat
- Fruit Buns (uniced)
- Fruit bread (raisin, apple cinnamon etc)
- Pikelets (plain or fruit)
- Plain, fruit or vegetable scones
- Fruit spice English muffins
- Raisin bread with cream cheese spread

DAIRY:

- Plain/ Natural yoghurts
- Fruit yoghurt (Yoplait, Orchard fruits, Brooklea, Danone, CalciYum)
- Reduced fat yoghurt (Vaalia, Ski D'Lite, Yoplait, Danone, Chobani, Yummia, Coles, Petite-Miam, Tamar Valley 6 pack)
- Reduced fat custard packs (Foster Clark, Pauls, Woolworths banana custard)

SWAP TO - HOMEMADE

Homemade fruit puree using a food processor/stick blender then portioned into small containers and Pikelets (plain, vegetable or fruit)

Whole-wheat scones (plain, cheesy, fruit or vegetable)

Low fat custard



For more lunchbox ideas and products go to our SWAP IT webpage at: www.goodforkids.nsw.gov.au



* May pose a choking risk for younger children

** Check your services' allergy policy before packing eggs

Artwork: 'Heart of a child' by Lara Went Worimi artist