

SWAP IT LUNCHBOX CHOICES: LUNCH FOODS

SWAP FROM...

Pastries

(store-bought pies, sausage rolls, pasties)

Fast Food / Take Away (McDonalds, fish and chips)

High fat processed meats

(Devon, frankfurts, cabanossi, bacon, salami, chicken roll)



SWAP TO -

PRE-COOKED rice / quinoa / cous cous
microwavable pre-packaged varieties
(Sun Rice, Uncle Ben's)
- Add filling ideas to these

SALAD OR SANDWICH / pita / wraps
/ roll / turkish bread (preferably wholegrain)

FILLING IDEAS:

Lean roasted or grilled beef, pork, beef, lamb,
kangaroo, lean chicken (chicken breast, BBQ
or grilled), lean meatballs / rissoles

FISH - tuna, salmon, sardines

LEFTOVER roasted veggies

SALAD / VEGGIES

CHEESE

SWAP TO - HOMEMADE

Tomato based pasta dishes (spaghetti bolognese)

Fried Rice

Salad (grated veggie salad, garden salad,
pasta and veggie salad)

Roasted / steamed veggies

Lean meatballs or patties

Zucchini slice

Soup (pumpkin, minestrone, chicken and vegetable)

Stir-fry



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

