

School Lunches

Knowing what to pack for school lunches can be hard. Here at Rosewood State Primary School we have created a list of things to remember when packing your child's lunchbox based on Education Queensland guidelines.

*This pamphlet is available in Chinese, Indonesian, Spanish and Japanese translations upon request.

Healthy

Children need healthy, filling food to give them energy. Including a mix of fresh fruit and vegetables, healthy carbs and meat products if they wish. Students do not need to bring a sandwich each day, other ideas include:

- rice or pasta dishes (e.g. fried rice, noodles)
- salads
- sushi
- traditional dishes that can be eaten cold



Easy to open

Students can find it hard to open some containers and types of plastic. Please make sure your child can unwrap their lunch.

- use easy to open lunchboxes
- plastic wrap can be tricky to open, instead use small containers or sealable bags

Small and easy to eat

Make lunches safe and fun by provide different small items which your child can eat.

- cut up pieces of fruit rather than keeping it whole
- use small dishes and containers
- peel or cut food before packing
- pack a mix of small items, rather than 1 or 2 big pieces



Water bottle

It is important that children are drinking plenty of water. Please make sure your child brings their own drink bottle which they can use throughout the day.

We encourage you to provide food for your child which they are familiar with and you know they love! The foods that children are not encouraged to bring are sweets, chips and other treat or party foods.

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