

LUNCHBOX IDEAS AND INSPIRATION



It's back to school (hooray) but also back to packing lunches! Whether packing the lunchbox is a joy or a chore for you, the dreaded lunchbox fatigue is something we all want to avoid!

Adding dairy foods to the lunchbox can provide energy to power kids through their day, and importantly the nutrients to help build strong bones for life. Depending on their age and gender, children need between one to three and a half serves of dairy every day. Using the school lunchbox is a great option for ticking off at least one daily serve of dairy nutrition. And the kids will love the variety and flavour. It's a win, win!

Here are some fun, easy ways to incorporate dairy in the lunchbox.



Cook a little extra dinner the night before and save for lunch the next day. Pasta salad, quiche and homemade pizza slices are just a few examples that are delicious cold for lunch.



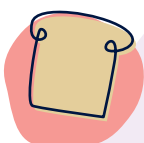
Pop a small container of your kids' favourite dairy dip such as French onion, avocado, or tzatziki with vegetable sticks in their lunchbox.



Sandwich dried apricots together with spreadable cream cheese



Sweet dips can also make a delicious treat! Pop cream cheese in a container and sprinkle with cinnamon and honey, delicious for kids to dip crisp apple wedges or fingers of banana into.



Cut the crusts off a slice of bread, and top with sliced ham and a cheese stick, roll up firmly to create fun Cheesy Roll Arounds.



Jumping beans pasta salad:
Toss a simple tuna and pasta or potato salad with this simple and delish dressing: $\frac{1}{4}$ cup natural yoghurt, 2 teaspoons mayonnaise and $\frac{1}{4}$ teaspoon salt reduced taco seasoning.



Pop a few cubes of mozzarella or swiss cheese in a container with sticks of the kids' favourite veggies for an energy boosting snack pack



For children who prefer not to eat sandwiches or simply for a change, try cubes of cheddar with carrot and celery sticks, plain crackers and some dried fruit.



Mix up sweet and savoury! Pop some cubes of cheddar in with: some grapes and popcorn, sultanas and pretzels for a Pick'n Mix bag.



Grated cheddar is convenient for wraps and rolls and can be stored in the freezer in an airtight container until needed. Combine grated cheddar with grated carrot, shredded lettuce, chopped tomato and maybe a little ham and using a filling for pita wraps.



Cheese is an easy nutrient dense and high calcium food to incorporate into the lunchbox in sandwiches or as cheese sticks and cubes as a sustaining snack. Create interest by cutting cheese into shapes (triangles, cubes, squares or rectangles).

Check out some more recipes at dairy.com.au/products/recipes.

Be sure to check out the cool dairy safety hacks for all you need to know on creating a safe lunchbox at dairy.edu.au.