

Parenting Tips
from
COMMUNITY PARENTING SERVICE
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Opening times : Monday to Friday 12noon to 4pm

Healthy Eating at School

Children have specific nutritional needs to ensure they grow and develop normally. The type and balance of food eaten during the day has a big impact on their overall nutrient intake and health.

Packing your child's lunchbox

It is a challenge to provide an interesting and nutritious lunchbox for your child each day, so what should be included:-

Breads – all types including, white, wholemeal, multigrain, rolls, pitta, fruit loafs, muffins, bagels, foccacia etc.

Fillings – lean meats, chicken (skinless) and fish, boiled egg, salads, reduced salt spaghetti or baked beans, reduced fat cheese, vegemite, reduced salt peanut butter.

Fruit – fresh (cut up and wrapped or whole, unsweetened packaged or stewed fruit).

Salads – garden mix, bean mix, tabouli, rice, potato, coleslaw, mixed raw vegetables, reduced fat dips or dressings.

Drinks – water, 100% low or no sugar fruit juice.

Snacks – fresh fruit and/or vegetable pieces, scones, fruit bread, pikelets, rice cakes, dried fruit.

We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow