



Healthy, deadly
lunch boxes!

These cards give some ideas for healthy lunchboxes. These are just a few ideas and there are many more healthy lunchbox options out there.

Some other healthy lunchbox ideas are:

- Lean ham, reduced fat cheese and tomato sandwich on wholegrain bread
- Mashed hardboiled egg with light mayonnaise and lettuce sandwich
- Wholemeal pita bread wrap filled with lettuce, grated carrot, cucumber, reduced fat cheese and chicken breast or lean ham
- Wholemeal pita bread cut into triangles with hommus dip
- Raisin bread
- A small tin of tuna with wholegrain crackers
- Plain popcorn
- A handful of snow peas
- Celery sticks filled with cream cheese
- A small tin of sweetcorn (salt reduced)



Western Victoria Tobacco / Healthy Lifestyle Action Team

This Tackling Indigenous Smoking and Healthy Lifestyle initiative was funded by the Commonwealth Department of Health

Artwork by Brayden Williams





I'm a healthy, deadly
lunch box !

Deadly lunchbox menus on the back.

- Cucumber and capsicum sticks
- Tinned fruit in natural juice
- Small tin of baked beans (salt reduced)
- Grapes
- Corn thins
- A tub of low fat yoghurt
- Water

- A tub of low fat yoghurt
- Grapes
- An orange (cut up)
- Wholegrain roll with chicken breast, reduced fat cheese, avocado and salad
- Water



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Deadly lunchbox menus on the back.

- Tinned fruit in natural juice
- Plain milk (reduced fat)
- Cucumber and capsicum sticks
- Snow peas
- Small corn cob
- Wholegrain roll with chicken breast, reduced fat cheese, avocado and salad
- Water

- Grapes
- Small tin of baked beans (salt reduced)
- Corn thins
- A small amount of dried fruit
- A tub of low fat yoghurt
- Small corn cob
- Water



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Deadly lunchbox menus on the back.

- A banana
- An apple
- A tub of low fat yoghurt
- Cherry tomatoes
- Wholegrain crisp bread with lean ham and salad
- Water

- Small tin of baked beans (salt reduced)
- An orange (cut up)
- Plain milk (reduced fat)
- A small amount of dried fruit
- Corn thins
- Low fat dip (e.g. tzatziki, hommus, beetroot)
- Water



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Deadly lunchbox menus on the back.

- Carrot and celery sticks
- Low fat dip (e.g. hommus)
- Cubes of reduced fat cheese
- A boiled egg
- Wholegrain bread spread with avocado
- A mandarin
- Strawberries
- Water

- Small tin of baked beans (salt reduced)
- An apple
- Corn thins
- Grapes
- A tub of low fat yoghurt
- Water



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