

# Healthy Lunchboxes

## At Woollahra Preschool





- Nicky Clark
- Nutritionist
- My story
- Over 40s



My credentials

1240



1600

360

1040

**4,240 lunchboxes!**

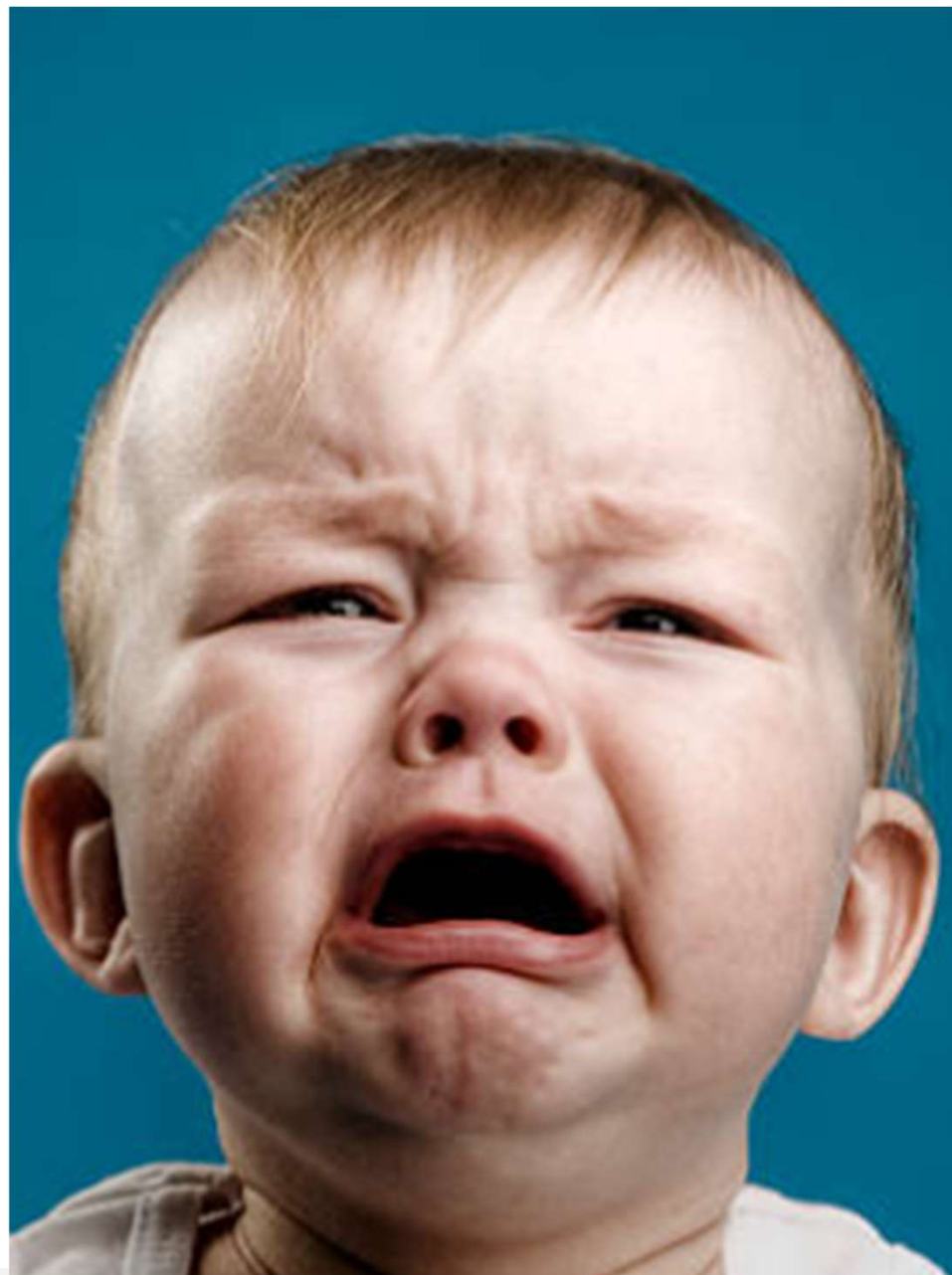


**Ninja!**






**7,000 still to  
make...**



## This talk to cover

1. Why healthy eating matters for preschoolers?
2. What is a healthy lunchbox?
3. How to pack a Woollahra lunchbox?





# 1. Why healthy eating matters for preschoolers?

Eats everything!



Fussy overnight!





What they see is important



Packaged foods  
everywhere

# UPFs are everywhere

Breakfast cereals



Crackers



*Bliss  
point*

Supermarket breads



Most yoghurts





## 2. What is a healthy lunchbox?

# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.  
Drink plenty of water.

Grain (cereal) foods,  
mostly wholegrain  
and/or high cereal  
fibre varieties



Energy foods

Vegetables and  
legumes/beans



Water drink



Colour foods



Lean meats and  
poultry, fish, eggs,  
tofu, nuts and seeds  
and legumes/beans

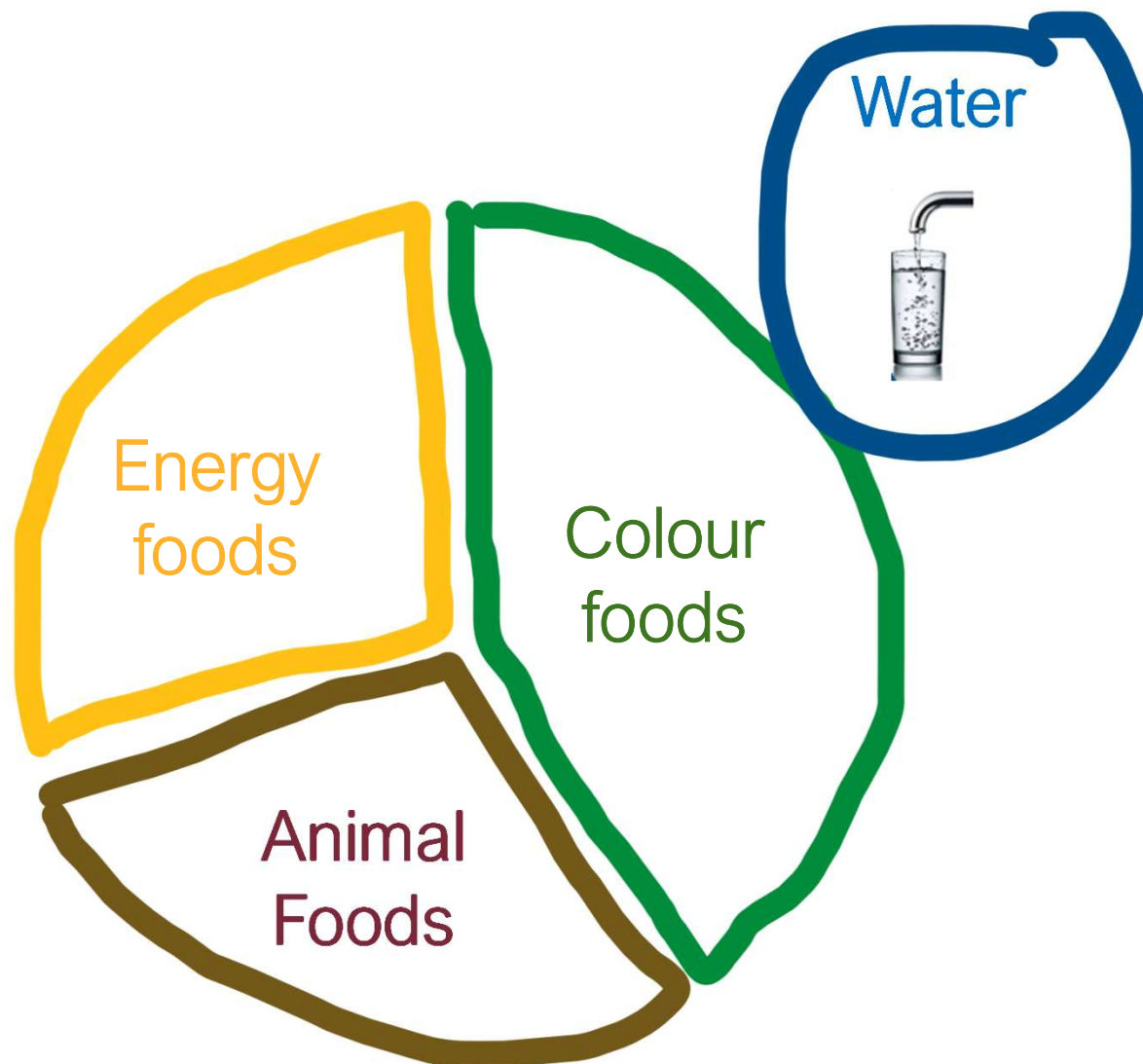
Animal  
Foods



Milk, yoghurt, cheese and/or  
alternatives, mostly reduced fat









Translate to a lunchbox




## The most common 'mistake'





## Protein often missing



 Nutrient comparison per 100 g (with % RDI for 4-year-old Australian child)

Food (100 g)	Vitamin C (mg)	Iron (mg)	Zinc (mg)	Selenium (µg)	Vitamin A (µg RE)	Vitamin E (mg)
Chicken (lean, cooked)	0 (0 %)	0.7 (12 %)	1.0 (20 %)	12 (40 %)	20 (5 %)	0.3 (10 %)
Rump steak (beef, cooked)	0 (0 %)	2.6 (43 %)	4.0 (80 %)	25 (83 %)	20 (5 %)	0.2 (7 %)
Salmon (grilled)	0 (0 %)	0.5 (8 %)	0.47 (9 %)	27 (90 %)	50 (12 %)	2.0 (67 %)
Cucumber (raw)	4.3 (14 %)	0.3 (5 %)	0.2 (5 %)	0.1 (0 %)	10 (3 %)	0.04 (1 %)
Yellow capsicum (raw)	183 (610 %)	0.4 (7 %)	0.25 (5 %)	0.1 (0 %)	10 (3 %)	0.7 (23 %)
Orange (raw)	53 (177 %)	0.1 (2 %)	0.07 (1 %)	—	12 (3 %)	0.2 (7 %)

F&V are good for  
vitamin C

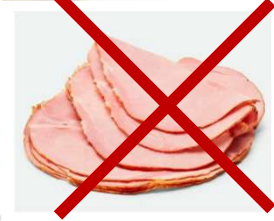
Not so great for other  
key nutrients

# Simple protein ideas

## Dairy



## Meat/fish



## Eggs



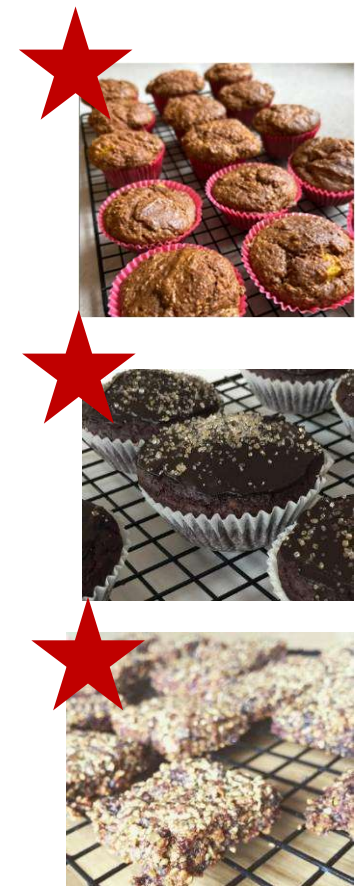
## Plant-based



★ *Recipes in handout*



# No sweet treats



★ Recipes in handout





### 3. How to pack a healthy lunchbox?

# A Woollahra lunchbox has 3 parts

1.



- Remember protein
- No treats
- No packets

2.



- Morning tea
- F&V only

3.



- Water
- Stainless steel

## Lunchboxes



Ecococoon (\$80)  
10% off: "NICKYC"

Seed & Sprout  
(\$130)

Planetbox Rover  
(\$99)







## Get your child involved – Term 3







Closing

Kids learn from what they see





## Leverage the 'Kohlrabi effect' of Woollahra



- Positive messages
- Encouragement
- Peer eating



# Thank you!

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- Download booklet
- Join online workshop  
(7pm Thurs 27 Nov)
- Get in touch

