Lunchbox Builder

Use this flow chart to build a healthy lunchbox!

Write down or draw the food or drink that you are going to include in each box.

Main item

- Base on starchy foods
- Include a fruit or vegetable
- Include a source of protein

Is there a dairy food in the main item?

No

Dairy food
(or non-dairy alternative)

Drink

- Milk

Yes

An extra fruit or vegetable

- Freeze a bottle of water to act as an ice pack and it will melt in time for lunch!

You could also add a healthy snack, such as:

- Whole or sliced fruit
- Vegetable sticks
- Bag of plain popcorn
- Bread sticks
- Rice or corn cakes

Your healthy lunchbox

This resource is designed for consumers who want to find out more about healthy eating. Last reviewed December 2016.