



EVERYDAY SANDWICHES FOR YOUR CHILD'S LUNCHBOX

Sandwiches, wraps and rolls are a great way to include vegetables and wholegrains in your child's lunchbox.

Here are our top tips to make a healthy sandwich full of everyday ingredients.

BREADS, WRAPS AND ROLLS

When choosing breads, wraps or rolls we recommend a wholemeal or wholegrain variety as they contain more fibre, vitamins and minerals than white alternatives.

If your child will only eat white bread, choose a variety with added fibre. Dietary fibre is important for a healthy digestive system and can assist in preventing some diseases such as diabetes, heart disease and bowel cancer.

Raisin bread also makes for a healthy alternative. Try adding cream cheese or banana for a yummy sandwich.

PROTEIN FILLING

When choosing a protein filling, go for options that are high in protein and low in fat and salt. Our favourites include:

- Left over roast meat
- Boiled egg
- Canned tuna or salmon
- Turkey
- Grilled or steamed chicken breast
- Barbeque chicken (skin removed)
- Falafel
- Tofu
- Reduced fat Cheese

SALAD FILLING

Aim for the salad to make up the bulk of the sandwich. It's a great way to add vegetables into your child's lunchbox. Our favourites include:

- Grated carrot
- Sliced tomato
- Shredded lettuce
- Baby spinach
- Avocado
- Beetroot (fresh or canned)
- Cucumber
- Pineapple



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EVERYDAY SPREADS

Instead of adding butter or margarine why not try some healthier alternatives?

We suggest cream cheese, cottage cheese, avocado, hummus and tzatziki, for some added protein and healthy fats.

SWAP IT'S FAVOURITE SANDWICH COMBINATIONS

- Roast beef, tomato, carrot and lettuce
- Roast beef, tzatziki, carrot, beetroot and baby spinach
- Boiled egg and lettuce
- Boiled egg, avocado and baby spinach
- Tuna, reduced fat cheese and lettuce
- Salmon, cream cheese and cucumber
- Turkey, avocado and cucumber
- Barbeque chicken (skin removed), lettuce and cucumber
- Barbeque chicken (skin removed), pineapple, cheese and baby spinach
- Falafel, hummus, tomato and lettuce
- Tofu, avocado, carrot and cucumber
- Reduced fat cheese, pineapple, beetroot and baby spinach
- Baked beans and reduced fat cheese
- Fruit bread with cream cheese
- Fruit bread with banana

Check out some more visual lunchbox inspiration here.

www.swapit.net.au/packing-an-everyday-lunchbox

