Time Savers ...

Plan a lunch box menu for the week ahead. Get your children to help decide what they would like in their lunch box.

Prepare some foods at the start of the week:

- Cut up vegie sticks and fruit such as melon, pineapple, berries and oranges and place in an air tight container in the fridge
- Wrap and pack cold items and store in the lunch box in the fridge
- Cut up fresh ingredients for sandwiches or wraps, ready to make fresh in the morning eg. shred lettuce, grate carrot, slice cucumber

Use insulated lunch boxes or cooler bags

Pack a frozen drink bottle or freezer brick inside the lunch box next to food that should be kept cold, eg. cheese, yoghurt, meat and salads

Keep Fresh ...

Freeze water bottles half filled, then top up with cold water before school so there’s liquid to drink

Use a thermos to keep food hot in winter or cold in summer eg soups, pasta, risotto, curry or smoothies and salads.

Ask children to keep their bag out of direct sunlight and away from heat

Use insulated lunch boxes or cooler bags


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Move More ...

**Encourage** your children to play

**Set an example** by being active yourself

**Create opportunities** for your children to be active

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60min

of moderate to vigorous intensity activity each day for 5-12 year olds [so that you huff and puff]

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10 minutes

Active playtime before school @ home or school

+ 20 minutes

Walk or ride to and from school

+ 30 minutes

Active play after school

= 60 minutes

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**Fundamental Movement Skills**

The building blocks for playing games, sports and fun activities. Examples include overarm throw, jump, catch and balance.

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**Ideas for Active Play**

Running, skipping, trampoline, riding a bike, scooter or skateboard, swimming, frisbee, climbing, gymnastics, hopscotch, dancing, martial arts and organised sports.

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2 hours

Use of electronic media for entertainment should be limited to less than 2 hours per day

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Some activities, like reading and school work, may need to be done while sitting. The key is to find a healthy balance and limit time spent in front of a screen for fun. Screens include TV, computer games, iPad, LeapPad, surfing the internet and smart phones.

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**Sources:**

Australian Physical Activity Guidelines for 5-12 year olds; Andrew May, Sydney Morning Herald; www.freedigitalphotos.net; Munch & Move Resource Manual, NSW Health.

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