

# Food on the move

## Stress free guide to taking food out of the home

Food eaten out of the home can contribute to over a third of our daily food intake, so what you choose to eat on the move is as important as what you eat at home. Taking the time to plan the foods you take with you will ensure you save money and are less likely to choose unhealthy options.



### Choose water

A frozen water bottle helps keep food cold

### Include all five food groups

- Vegetables
- Grains & cereals
- Lean meats & alternatives
- Milk, yoghurt & cheese
- Fruit



### Be colourful

Eat like a rainbow. Choose lots of colourful fruit and vegetables



### Plan

Plan ahead and do a bulk cook up of healthy home-made snacks and freeze in single portions e.g. pikelets, muffins, muesli bars, bliss balls, patties



### Leave out the Zombie foods

These include chips, lollies, chocolate and sugary drinks



### Go for variety

Change it up to make it exciting and new



### Keep it safe

Insulated lunch boxes, cooler bags, ice bricks or eskies help keep food safe



## Why five food groups?

Food on the move should include a variety of foods from each of the five food groups as well as water.

### Vegetables

Packed with vitamins and minerals for growth and development. Cut into small pieces for little hands.

### Grains and cereals

Gives us energy. Wholemeal or grainy varieties are full of fibre to keep little tummies full.

### Lean meat and alternatives

Builds our bodies and keeps us full. Remember to include iron rich foods for growth and brain development.

### Milk, yoghurt and cheese

Packed with calcium for growing bones and teeth. Add a plain UHT milk box or try different types of cheese and yoghurt to increase calcium and add variety.

### Fruit

Loaded with nutrients & fibre. Add colour by choosing different whole fruits or try canned fruit in juice.