



The 6 Essentials Fridge Checklist

- 1** **SOMETHING STARCHY**
bread, bread roll, crackers, scone, pikelet, pita bread, slice of fruit loaf, rice cake, crispbread, pasta/noodles, rice
- 2** **FRUIT**
Pieces of fresh fruit like apples, strawberries, grapes & bananas, chopped fruit, tinned or packaged fruit in natural juice
- 3** **VEGETABLES**
Carrot sticks, salad filling in a sandwich, lettuce, celery, cucumber, snow peas, eggplant, zucchini... Etc.
- 4** **PROTEIN**
Lean meats, chicken, tuna, ham off the bone, fresh cut meats from the deli, eggs, legumes, baked beans
- 5** **DAIRY**
Milk, cheese, yoghurt, custard or lactose free milk & calcium fortified soy alternative
- 6** **DRINK**
Take a water bottle everyday with WATER ONLY for main source of fluid. Milk is also an acceptable choice. Keep sweet drinks out of the lunchbox.

Make sure you have an insulated lunchbox with either a frozen drink or ice pack to keep the lunch cool and fresh!

