

Rodney Redleg says

“Hey Kids – Eat Healthy!”



Do you want to be strong and healthy like Rodney Redleg? YES!

Do you want to play footy for Norwood one day? YES!

Then it's very important to make sure you eat a good healthy lunch each day, just like Rodney Redleg does.

Rodney Redleg's Healthy Lunch Tips

Making and Storing your Lunch

Make sure mum or dad buys you an insulated lunch box or one with a freezer pack. This helps to make sure your food stays fresh until it is ready to eat.

If you make your lunch the night before kindy or school, put it in the fridge or freezer overnight to keep it fresh.

Any dairy, egg or sliced meat products should be kept cool and eaten within four hours of being prepared.

What does Rodney Redleg Eat?

Rodney tries to have a bit of variety in his lunch box. He likes to eat things like:

Fruit – fresh or tinned. Only occasionally does Rodney Redleg eat dried fruit or fruit bars because they are high in sugar and stick to teeth causing tooth decay.

Crunchy vegetables – YUM! Cherry tomatoes, carrot sticks and cucumber – sometimes with a bit of dip – are all favourites of Rodney. He doesn't like Chips or crisps except at the odd sleep over party.

Milk, yoghurt or custard. Not high sugar flavoured milks or dairy desserts though! Milk should be frozen overnight.

Cheese and Crackers – they're great! Avoid sweet dips like chocolate spreads or salty/fatty crackers.

Bread – especially different rolls, pita bread, bagels, foccacias, scones, muffins, crumpets, crispbreads, rice cakes or corn thins.

Fillings – Rodney likes vegemite, promite, peanut butter, cheese, tuna, egg, sliced cold meats, baked beans, grated carrot, lettuce, pickles, chutney and avocado. His favourite dips are eggplant, hommus, cucumber, tzatziki, and spinach. Rodney avoids chocolate spreads, jam, honey, salami and strassbourg because they aren't good for you.

Cakes – Rodney loves to finish his lunch with a nice piece of cake – especially cakes like sultana, carrot, zucchini, banana or pumpkin. Donuts or cream cakes are for parties only!

Rodney Redleg also says that you should always check with mum or dad when you are making your own lunch to make sure you don't pack anything that you are allergic to, like nut, dairy or egg products.

[What does Rodney Redleg Drink?](#)

Rodney always packs a frozen drink. It helps to keep his lunch fresh during the morning, and he gets to have a cool drink by lunchtime! His favourite healthy drinks are water or fresh milk (frozen overnight of course!).

SO KIDS – FOLLOW RODNEY REDLEG AND PACK YOURSELF A GREAT LUNCH EACH DAY IN AN INSULATED LUNCH BOX, AND ONE DAY YOU MIGHT BE PLAYING FOOTY FOR NORWOOD!

