

Guide to a Healthier Esky

A little planning and action at home can go a long way in keeping drivers healthy and alert.

What's one change you can make this week or month?

Daily

Pack a healthy meal

Enjoy a wide variety of foods from the five food groups

- ☐ 1+ type of **fruit**
- ☐ 2+ types of **vegetables** such as small carrots, quikes (mini cucumbers) or cherry tomatoes
- ☐ 1+ type of **protein** such as grilled chicken, tuna, roast beef, canned beans or hard-boiled eggs
- ☐ 1+ type of **whole grain** such as whole grain pasta, bread, wraps, crackers, brown rice or quinoa
- ☐ 1+ type of **dairy** such as Greek yoghurt, cheese or a milk drink



Pack your food safely

For more information on food safety, visit page 19



- ☐ Use an **insulated lunch box** with an ice block or truck fridge, making sure it has been properly cleaned before use
- ☐ Store food **away from sunlight** in your truck
- ☐ Use a **thermos** to keep hot foods hot
- ☐ **Reheat** your food properly at a rest stop if able
- ☐ Practice good **hand hygiene** before eating
- ☐ **Dispose of any leftover food** that has been left at room temperature at the end of the day; do not return to the refrigerator

Weekly

Know your schedule and plan ahead

- ☐ Try some creative **lunch box mixes** (check out page 7)
- ☐ Prepare some **healthy snacks** such as a trail mix, fresh fruit with peanut butter, hard-boiled eggs, wholegrain crackers with peanut butter, cheese or hommus, popcorn or granola cups with yoghurt



Switch things up



- ☐ Challenge yourself to eat at least **5 different types of vegetables and fruit** every week.
Tip: Cut up vegetables and store them in a container so they are ready to eat

Eat seasonal and local

- ☐ There are many cost savings and health benefits to **eating seasonally and locally** (for more information check out page 10)



Monthly

Stock up on long life pantry staples

This will save time, energy and money



- ☐ Canned beans/legumes - a good source of protein, carbohydrates and fibre - **look for no added salt /sodium options**
- ☐ Canned tuna/salmon or tinned tuna and beans - a good source of protein and easy to store
- ☐ Shelf stable soups - look for low sodium options (<300mg/100g)
- ☐ Natural nut butters - make snacks more interesting and provide a small amount of protein and healthy fats
- ☐ Canned vegetables - an easy addition for added veg throughout the day
- ☐ Long-life milk - provides protein, vitamins & minerals
- ☐ Microwavable brown rice or grain cups - provides low GI carbohydrate and fibre
- ☐ Fruit cups in juice - an easy addition for added fruit throughout the day

Add equipment

- ☐ Add equipment to your truck set up such as a sandwich press or portable blender to make your on the go meals easier