

# 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, qukes (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