

LUNCHBOX IDEAS

Ngā tauira Kai



- Try to include plant-based proteins in your lunches. Use hummus as a dip with fresh veggies, soy beans as a snack and add canned chickpeas/kidney beans to leftovers.
- Roll it, stuff it or spread it. Try different breads to keep lunches interesting like wraps, pita bread, fruit bread, muffin splits or rēwena bread. Choose wholegrain.
- Cut sandwiches, fruit and vegetables into different shapes using a biscuit cutter or knife.
- Use heart healthy spreads which are nutrient-rich on sandwiches such as avocado, hummus, nut butters.
- Make items in bulk and keep in the freezer eg. mini pizzas mouse traps or frittata.
- Add lemon juice to cut up fruit (apples and pears) to stop them going brown.
- Choose water, the best drink for your child.
- A frozen drink bottle or icepack helps keep milk products and meat/meat alternatives cold until lunchtime. Frozen bread also helps keep sandwich fillings cold.
- Involve your children in lunchbox choices and preparation. You could make your own healthy lunch at the same time.



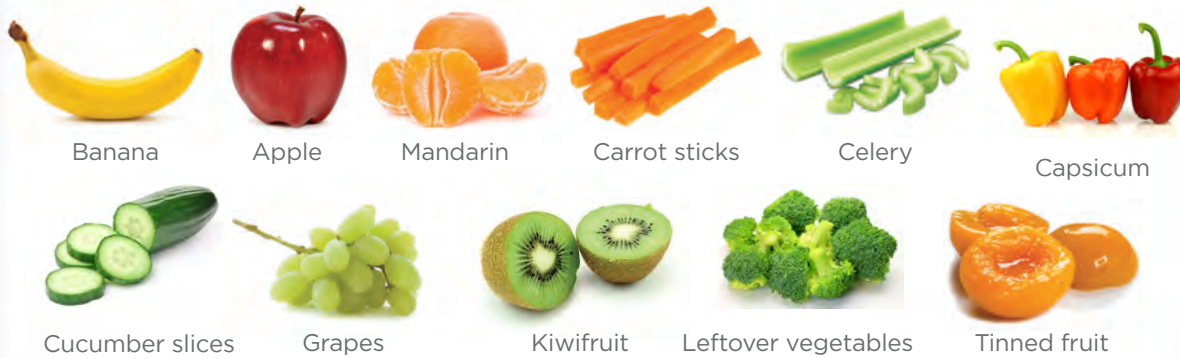
LOADING UP THE LUNCHBOX

Ngā Kai tika ō te tina

Children need a variety of healthy foods to learn and grow.
Try to choose foods from each of the four groups below, every day.



Vegetables and fruit



Milk, yoghurt and cheese



Grain foods and starchy vegetables (wholemeal/wholegrain)



Water

Legumes, fish, seafood, eggs, poultry and meat



*Popcorn is not recommended for children under 3 years and nuts are not recommended for children under 5 years.
Check with your ECE service or school if there are any allergy restrictions.