

LUNCHBOX IDEAS

Ngā tauira Kai



- **Involve your children** in lunchbox choices and preparation. You could make your own healthy lunch at the same time.
- **Roll it, stuff it or spread it.** Try different breads to keep lunches interesting like wraps, pita bread, fruit bread, muffin splits or rēwana bread.
- **Cut sandwiches into different shapes** using a biscuit cutter or knife.
- **Stop sandwiches going soggy.** Pack bread and fillings separately and let your child make their own sandwich at lunchtime.
- **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 & meat/meat alternatives cold until lunchtime. Frozen bread also helps keep sandwich fillings cold.



LOADING UP THE LUNCHBOX

Ngā Kai tika ō te tina

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



Vegetables and fruit



Milk and milk products



Breads and cereals (wholemeal/wholegrain)



Lean meat and meat alternatives



*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.