

LUNCHBOX IDEAS

For 2-5 year olds

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 (thinly spread).
- Make items in bulk and keep in the freezer eg. mini pizzas mouse traps or frittata.
- 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

For 2-5 year olds

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



Banana



Mandarin



Cooked or
stewed apple



Cooked or
grated carrot



Diced capsicum



Cucumber



Cooked leftover
vegetable



Kiwifruit



Chopped tomato



Tinned fruit

Milk, yoghurt and cheese



Cottage cheese



Grated cheese



Custard



Yoghurt



Reduced fat milk

Grain food and starchy vegetables (wholemeal/wholegrain)



Wraps



Sandwiches



Mini pizza



Leftovers



Rice Ball



Roti/chapatti



Couscous



Crackers



Kumara



Water

Legumes, fish, seafood, eggs, poultry and meat



Tuna



Finely chopped
chicken



Chickpea/lentil curry



Boiled egg



Baked beans



Hummus

Children can choke on food at any age but the risk is higher in children under 5 years. Refer to the Ministry of Health Guidelines to find out more.
Search 'food and choking' at health.govt.nz Check with your ECE service if there are any allergy restrictions.