

Loading up the Lunchbox

Ngā kai tika ō te tina



Top Tips / Kai Pai:

- Involve your children in lunchbox decisions and preparation
- Be a role model – prepare your own healthy lunch at the same time
- Cut large fruit and vegetables into smaller pieces
- Buy fruit and vegetables in season to save money - freeze excess for later
- Vary the shape of sandwiches – cut them into triangles or use a biscuit cutter
- Experiment with different breads, e.g. wraps, muffin splits, rewana, pita, fruit bread
- Muesli bars can be high in sugar and fat so remember to check nutrition information on labels or look for the Heart Foundation Tick
- Prepare lunchbox items in bulk and store in the freezer until required e.g. fruit muffins, mouse traps (cheese and vegemite toasted fingers)
- Water and milk are the only drinks recommended for children
- Freezing a drink bottle overnight and placing it in your child's lunch box will help to keep the food cold and safe
- Keep it interesting...leftovers are a great option - or try sushi, noodles, corn thins or tuna salad as alternatives to sandwiches
- Make sure lunchbox snacks come from the four food groups (see overleaf).

Lunchbox Ideas Ngā Taura Kai

An ideal lunchbox should include at least one item from each of the four food groups:

● Fruit and vegetables

Apples, bananas, fruit salad, canned fruit in juice, grapes, strawberries, pineapples, dried fruit



Baby carrots, cherry tomatoes, peas in the pod, salad fillings in sandwiches, vegetable soup, celery sticks, stuffed kumara



● Breads and cereals

Sandwiches, leftover chop suey, pasta/rice dish, sushi, bran muffin, roti/chapatti, scone, fruit bread, couscous salad, plain popcorn



● Dairy products

Cheese slices, yoghurt, cheese or cottage cheese as a filling for sandwiches/toastie, small cartons of reduced-fat flavoured milk or smoothies



● Meat and alternatives

Lean meats/canned tuna (in sandwiches), boiled eggs, baked beans, chickpea/lentil curry, nuts*



*Parents of children with nut allergies should select an alternative choice. Children under two should not be given whole nuts due to risk of choking.