

Warm ideas for winter lunches



In the cooler days of winter, it can be nice to include something warm in your child's lunchbox. Some children have access to hot water or a microwave at school, so have more options. However, for those who do not, child-friendly thermoses are available – experiment with what can be transported in these!

Vege soup – there are lots of options here. Try adding your own chopped veges to an old-fashioned soup mix with lentils and barley for a quick nutritious lunch. Otherwise, you can make your own soup with seasonal winter vegetables or use a pre-made packet soup. Chopping vegetables for making soup is a great way to introduce children to the kitchen

Noodles – watch out for those that are fried before purchase! Look for those lower in fat and salt by checking the nutrition information panel – aim for noodles with less than 5g fat and 450mg of sodium per 100g

Corn on the cob – corn on the cob can fit into a wide-mouthed thermos, a great way to get more veges into the day!

Pasta and sauce – choose a tomato rather than a cream based sauce

Experiment! Try warmed canned foods like Chilli or Baked Beans, Spaghetti, Creamed Corn or leftovers from the night before – whatever you think your child may eat.

Sometimes it's hard to think past hot chips and pies for warm options in the school canteen. But there are lots of great options that sell really well:

- Replace hot chips with baked potatoes topped with coleslaw or salsa & grated cheese
- Soup with a bread roll is a great seller in many canteens
- Replace standard meat pies with a pie with the Heart Foundation tick or a potato top pie. Remember that no matter what type of pie it is, it should still be an occasional food. Have pie-free days in the school canteen
- Replace fizzy drinks with hot milo, made with hot water and trim milk
- Grilled grainy bread spread with relish and topped with grated cheese can be kept in the pie warmer – other toppings like corn, pineapple, tomato, ham and onion also work well
- American style hot-dogs are another favourite in many schools. Choose low-fat frankfurters and include relish & coleslaw. These should still be an occasional menu item, as the meat is a processed meat

For further help in your school canteen or for more menu ideas, contact Dane Fuller at the Heart Foundation ph 03 366 2112 extn 4 danef@nhf.org.nz

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Canterbury

District Health Board

Te Pōari Hauora o Waitaha

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