

The lunch box fix

Take the stress out of school lunches. Follow these ideas for lunch box fillers. They are quick, full of nutrients and your children will love them.

Sandwiches are a lunch box favourite, the possibilities are endless

- Use a variety of breads; wholegrain rolls or loafs, wraps, pita pockets, french sticks, english muffins, fruit bread and wholegrain bagels.
- Fill with a selection of ingredients including lettuce, lean ham, grated carrot, edam cheese, sprouts, the list goes on.
- Be innovative with presentation try pinwheels, club sandwiches, pizzas or sandwiches cut with cookie cutters as these are more appealing and interesting for children

Four sandwich combinations you may not have tried:

- Banana and peanut butter sandwiches, toasted or untoasted
- Pineapple and low-fat cheese sandwiches
- Mouse traps- grated low-fat cheese and marmite on bread, grill in oven until cheese has melted
- Club sandwich-three layers of wholegrain bread, lite cream cheese and jam

Something for the non- sandwich eater

- Corn thins or cruskets; topped with tomato and lite cream cheese
- Leftovers from dinner
- Rice salad
- Pasta salad; cooked pasta, corn kernels, diced tomato, grated carrot sliced lean ham

Nutritious lunch box snacks

- A piece of fruit, you can make fruit such as oranges more appealing and easier to eat by cutting into wedges
- An assortment of nuts and dried fruit, low fat cheese chunks, vegetable sticks e.g. carrot, celery and cucumber
- Popcorn (butter and salt free) makes a great substitute for a bag of chips.
- Avoid those high fat and sugar muesli bars instead try fruit scones, mini savoury muffins, bran & banana muffins or fruity bran loafs
- Sweet snack fix; fruit kebabs, jelly with fruit, custard, stewed fruit, dried fruit

Remember: always include fruit or vegetables to ensure your child achieves the recommended '5 + a day'.

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For more information visit: www.cph.co.nz

Canterbury

District Health Board

Te Poari Hauora o Waitaha