

What's for lunch?

Providing healthy lunches that children will eat is often a challenge, try to get children involved and don't worry if they insist on having the same thing every day – so long as it is a healthy choice. Although variety is good it is not essential.

Include a frozen water bottle in the lunch box to keep food chilled and fresh, an insulated lunch box is a good idea. Water is the best drink for children. Sipping on juice and soft drinks contributes to tooth decay, a 600 ml bottle of fizzy drink can provide up to 20 teaspoons of sugar!

What about muesli bars and crisps?

Active children can snack on these occasionally although they shouldn't be everyday foods as they are high in sugar, fat or salt. Choose plain bars that are not coated in chocolate/carob and yoghurt.

Try not to give into pressure and remember **seasonal fruit and vegetables are cheaper than crisps and bars**. Cut fruit and vegetables into bite-sized pieces to make it easier for children to eat e.g. orange quarters, carrot sticks.

- Try a variety of breads such as french stick, wholemeal, pita, white, naan, crackers.
- Filling ideas: some children may prefer only one filling and will eat a chopped tomato or cucumber on the side – cheese, tinned fish, peanut butter, hummus, banana, marmite/vegemite, grated carrot, lettuce, beetroot and sprouts.
- Try to keep sweet spreads such as honey, jam and chocolate spread to once or twice a week.
- For the non-sandwich eater - left over pizza, cold macaroni cheese, potato/kumara/rice salad, taro, muffins, scones, crumpets, crackers and cheese, weetbix and spread or other breakfast cereal.
- Snacks – cheese slices, popcorn, pikelets, fruit loaf, nuts, custard in pottles, fruit and vege sticks, yoghurt. Dried fruit is good but make sure it is not the only snack as it is sweet and sticks to the teeth.

Quick lunch combo ideas!

monkey roll – banana in white bread cheese and carrot sticks boston bun pear	filled roll-grated cheese & carrot, lettuce, radish, cucumber, beetroot orange quarters pikelet and jam
wholemeal cheese and marmite or chutney sandwich grapes fruit biscuits	peanut butter sandwich kiwi fruit raisins popcorn
spaghetti/creamed corn or baked bean and cheese toasted pita bread apple muffin unsalted nuts and raisins	pizza bread custard/yoghurt pottle vege sticks e.g. carrot, cucumber plain muesli bar banana

Support your school to adopt a no sweets/fizzy drinks policy.

Healthy Nibbles

Nutrition Updates for Primary Schools

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