

# Lunch box fillers

The last term of the year and looking for new lunch box ideas? Try some of these quick lunch combos.

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

***A frozen water bottle in the lunch box during the summer months is a good idea to keep sandwiches fresh and cool.***

## Easy Muesli Bars

2 cups rolled oats  
6 crushed weetbix  
½ cup sultanas or raisins

60g chopped dried apricots  
1/3 cup honey  
1 cup orange juice  
2 egg whites

1. Combine oats, weetbix, sultanas and apricots in a bowl.
2. Place honey and orange juice in a small saucepan and bring to the boil. Reduce heat and simmer for 8-10 mins or until syrup is formed.
3. Stir syrup into oats mixture then mix in egg whites.
4. Press mixture into 18 x 28 cm lined baking tray.
5. Bake in a moderate oven for 20-25 mins or until golden brown. Allow to cool, then cut into bars.

## Water Bottle Safety

Water bottles in classrooms are now common place. By just refilling a water bottle continually without giving it a thorough clean harmful bacteria can build up in the bottle. The contamination comes from the constant use and not very clean hands-not the water! To keep the water in the bottle safe and the drinking bottle clean:

### At school:

- Keep water bottles in a cool place in the classroom.
- Never share water/drink bottles
- Take the bottle home every few days (twice a week) for a thorough clean (having two bottles is a good idea)
- Always wash your hands **before** refilling your drink bottle
- When refilling bottle at school rinse both sipper top and bottle out first.

### At home :

- Clean the bottle and sipper top by using hot water and detergent/bottle brush or a dishwasher. Just rinsing is not enough.

***Avoid filling bottles with juice and sweetened drinks as the constant sipping encourages tooth decay.***

## Healthy Nibbles

Nutrition & physical activity information for primary schools  
For more information visit: [www.cph.co.nz](http://www.cph.co.nz)