

The lunch box fix

Lunches are always a rush to assemble in the morning, not to mention the added difficulty of trying to make your lunch interesting.

Use these ideas and helpful hints to spice up your school lunches

- Include a variety of foods each day to keep your lunch interesting
- Get organised prepare your lunch the night before to avoid the rushing in the morning
- Base your lunch around foods which are high in fibre such as bread, rice, pasta. This will keep you fuller for longer.
- Experiment with different sandwich styles; for example toasted, hamburgers, wraps, pita breads, pizza, filled rolls and mouse traps
- Pasta salad, rice salad and roast vegetable salads are great alternatives to sandwiches
- Avoid those high fat and sugar muesli bars instead try bran muffins, scones, pikelets, fruit loafs, fruit salads and fruit & nut packs
- Yoghurt, cheese cubes, popcorn and vegetable sticks are an easy and nutritious snack
- Always include fruit; dried fruit, stewed fruit, canned fruit are great lunch box fillers.

Try this easy to prepare salad, its great during the winter months:

Roast vegetable salad

Ingredients: 1 medium sized potato
1/4 of a medium sized Kumara
1/4 cup of pumpkin
1Tbsp honey
1/2 an onion
1 carrot (optional)
1/2 tsp garlic
1 Tbsp oil
2tsp rosemary/mixed herb

Methods:

Step 1: Chop vegetables into 1cm cubes.

Step 2: Mix oil, garlic, honey and herbs and spread over vegetables.

Step 3: Bake in oven on 180°C for half an hour or until vegetables are soft.

This recipe is great stomach filler and perfect for the lunch box, you can add any vegetables you like, roasted nuts and seeds, dried fruit or avocado for variety.

Remember ALWAYS include FRUIT in your lunch box

Healthy Nibbles

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

Canterbury

District Health Board

Te Poari Hauora o Waitaha