



Community and Public Health

Kia ora koutou,

I'd like to introduce myself. My name is Beyning Tey and I've recently begun working as a Nutrition Health Promoter at Te Mana Ora- Community and Public Health. I am excited to be joining your newsletter and sharing healthy, yummy, low cost, and nutrition tips and tricks with you every two weeks.

## After School Snacks

It is not unusual for kids to arrive home hungry after an action-packed afternoon of learning at school. In fact, it is completely understandable, especially if they have been playing sports, completing homework, playing with friends, taking part in cultural practice, helping adults or heading to an extra-curricular activity. Having some filling, nutritious snacks on hand will help fuel them through the afternoon.

For those who enjoy baking, it's a perfect opportunity to bake extra and pull snacks out of the freezer as you need them. Did you know that even toasted sandwiches freeze well? No need to purchase lots of pre-packaged food, check out the list of ideas below:

- Fruit
- Yoghurt
- Nuts (unsalted variety is best)
- Wholemeal toast with peanut butter
- Cup of vegetable soup
- Hot cross bun or fruit toast
- Wholegrain crackers with Marmite and cheese
- Weet-Bix topped with peanut butter and banana

- Corn cobs
- Fruit smoothie
- Boiled egg and wholemeal toast
- Fruit muffin (make a big batch and freeze)
- Corn thins with spreads and hummus
- Toasted sandwich/ cheese on toast/ mouse traps
- Wholemeal wraps with grated carrot and cheese
- Wholegrain crackers with avocado and marmite

### Tuna, corn and parsley fritters

4 eggs  
1/3 cup milk  
2 tablespoon cooking oil  
185g canned tuna  
310g corn kernels (canned or frozen)  
1 cup flour  
3/4 cup grated cheese  
1 spring onion, thinly sliced  
parsley to garnish

\*These ingredients will make about 16 fritters, can be frozen and save for later!

1. Preheat oven to 180°C/ 160°C fan-forced. Grease muffin pans.

2. Whisk **eggs**, **milk** and **oil** in a bowl.

3. Combine **tuna**, **corn**, **flour**, **cheese**, and **onion** in a large bowl. Season with salt and pepper. Make a well. Add milk mixture. Stir until just combined. Divide mixture evenly among holes in prepared pans.

4. Bake for 25 - 30 minutes or until fritters are golden and just firm to the touch. Sprinkle with parsley.