

# Back to School



Community and Public Health

Kia ora koutou,

The kids are back to school and lunch need to be made again. Never fear, help is here! Lunchboxes needn't to be a stressful or time-consuming job. School lunches can be quick and easy, nutritious, and low-cost. Here's how you can boost nutrients in lunchboxes without breaking the budget.

Go + Grow + Glow (You may remember this from the last issue of Nutrition Bites!). Make sure those lunches include foods from each column.

## GO

Starchy/ Grainy food

Wholegrain / wholemeal bread

Wholegrain crackers

Left over pasta, rice, or noodle dishes

Mini muffins

Scones

Bread cases

Baked potato

## GROW

Protein foods

Milk/ Yoghurt

Grated or slice of cheese

Beans

Eggs

Nuts

Tinned fish

Chicken or meat pieces

Hummus to go with crackers or vegetables

## GLOW

Fruits & Vegetables

Bobby bananas

Mandarin

Carrot Sticks

Cherry tomatoes

Cucumber/ celery sticks

Cut up fruits (apples, pineapples, other canned fruits)

## Potato cakes

If you have left over mashed potato, kūmara, or pumpkin, this is a great way to make something for snacks or the lunchbox.

2 - 3 cups mashed potato/ kūmara/pumpkin

1/2 cup grated edam cheese

1/2 cup corn kernels (defrosted if frozen)

1 egg

1 tsp oil

Optional: frozen peas, spinach

You may need to add a small amount of whole meal breadcrumbs or flour to firm the mixture for cooking

## Here's how:

Combine potato, cheese, corn, and egg in a bowl. Mix well to combine. Divide mixture into eight portions and form into small cakes. Heat a non-stick frying pan over medium heat. Cook for about five minutes each side.

Ngā mihi nui,  
Beyning