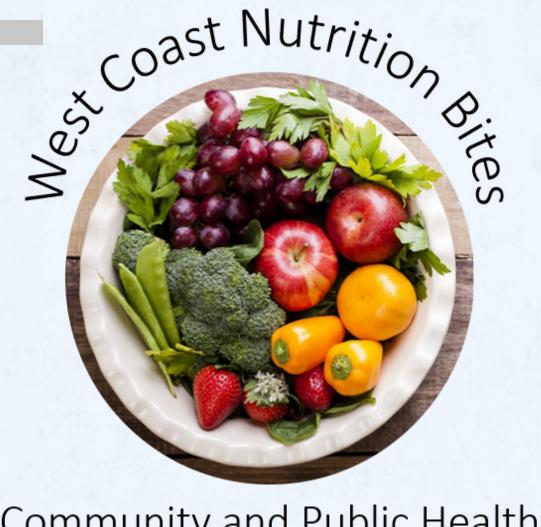
Back to School

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.



Community and Public Health

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