

End of Year Energizers



Community and Public Health

Kia ora koutou,

You know it's summer when the days are warmer and less rainy! Life can get busy at this time, what with work schedules, preparing for school shows or exams, or thinking about our Christmas plans. Alongside these activities, organising and preparing nourishing meals can become harder, which is why we've suggested a range of "throw-together" food ideas to support us when we are on the go:

Quick Snacks and Lunch



Boiled eggs. Keep these in the fridge. Mash with some curry powder and mayonnaise or mayonnaise alone, and spread on wholegrain sandwich bread with some lettuce. You can take them to school or work to de-shell and eat whole too.



Leftovers are great lunch options. For examples, roast vegetables, corn on the cob, stir fry, cold chicken drumsticks (kept chilled in the lunchbox), or falafel patties with lettuce and wholegrain bread/buns will help to keep you fuelled throughout the afternoon.



Having some back-up options available can be really helpful for those nights when you're not keen on cooking. Keep **baked beans in the pantry, a loaf of bread in the freezer, cheese and eggs in the fridge, some frozen vegetables**, and you are able to quickly prepare a nourishing meal. Try baked bean and cheese toasties with some salad greens, or scrambled eggs or frittata made with frozen vegetables inside.



Keep your **fruit bowl** topped up at home and eat at least one piece each day.

Quick Dinner Tricks



Grab a **hot chicken** from the supermarket, plus some **coleslaw and wholemeal bread** and you have dinner for the whole family.



Keep some store-bought **pizza bases** in the freezer, or **make your own** and freeze them to save money. Pizzas are quick and easy and are a great for the kids to make – throw on your favourite toppings like **tomato paste, capsicum, mushrooms, canned pineapple, cheese** and cook for 15-20 minutes on 180°C fan-bake.



Make a quick **vegetarian chilli con carne** by cooking your choice of vegetables e.g., **onion, grated carrot, spinach, tinned or frozen sweetcorn**. Add some **chilli beans** and a **tin of tomatoes** and heat through.



Cooking for one or two people? **Microwave one potato** per person for 7-10 minutes and top it with **beans or tuna or leftover mince and some cheese**. Serve with green vegetables like **steamed broccoli or green beans, or a salad on the side**.

Ngā mihi nui,
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