



Healthy Lunchboxes

Kia ora koutou,

We often think of lunchboxes as something only for school children. However, packing a lunchbox for the adults in the family at the same time is a great way to save money and time. A lunchbox filled with nourishing food provides you with the energy you need to move around and fuels your brain so that you have the best chance of feeling well, concentrating and remembering things. You are also more likely to have a steady flow of energy throughout the day.

Aim for a lunchbox that includes at least one item from each of the following food groups (older children, adults and active people will require larger quantities than smaller children):

- **Fruity/Veggie:** corn cob, banana, apple, orange, mandarin, carrot sticks, roast vegetables, celery, tomatoes, avocado
- **Bready/Starchy:** wholegrain bread, pita pocket, wrap, rice, kumara, potato, pasta, quinoa, plain grainy crackers
- **Milky/Cheesy:** plain milk, plain or fruit flavoured yoghurt, cheese slices
- **Meaty/Beany/Eggy:** boiled egg, shredded chicken, falafels, lentils/ beans, nuts and seeds, tinned salmon or tuna, tofu
- Drink bottle filled with **water**

Peachy Pikelets

Ingredients:

- ½ cup plain flour
 - ½ cup wholemeal flour
 - 1 teaspoon baking powder
 - 2 tablespoons sugar
 - ½ teaspoon salt
 - ½ teaspoon ground cumin
 - ½ teaspoon ground coriander
 - 2 tablespoon sesame seeds
1. Sift the flours and baking powder into a bowl and make a well in the centre.
 2. Whisk together the eggs, milk and sugar. Pour the wet mixture into the well and mix slowly.
 3. Gradually add the fruit.
 4. Heat a large non-stick frying pan over medium heat and brush with oil.
 5. Working in batches, drop heaped teaspoons of the batter into the pan and flatten with spatula to give 5cm circles.
 6. Cook until bubbles appear on the surface, then turn and brown the other side. Transfer to a wire rack to cool and store.