Nourishing Futures with Better Kai

Featuring

Recipes • Lunchbox Tips • Fun with Food and Much More!
Kia ora,

Happy toddlers and young children need the right nutrition for growth and development.

This booklet will help you with all things nutrition for your little, setting them up for healthy habits throughout their life. Introducing nourishing foods from an early age encourages children to learn about and enjoy different tastes and textures.

Happy creating and cooking!
<table>
<thead>
<tr>
<th>Breads &amp; Cereals</th>
<th>Fruit</th>
<th>Vegetables</th>
<th>Milk</th>
<th>Meat, fish, egg, beans, lentils</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Starchy Carbohydrates/wholegrains</strong></td>
<td>A good way to measure serving size is to use your toddler's fist as a guide</td>
<td>A good way to measure serving size is to use your toddler's fist as a guide</td>
<td>For cheese - if you're unsure how much to serve, use your toddler's two thumbs as a guide</td>
<td>For meat, fish, chicken, use your toddlers palm of hand as a guide</td>
</tr>
<tr>
<td><strong>Aim for 4 serves each day</strong></td>
<td><strong>Aim for 2 serves each day</strong></td>
<td><strong>Aim for 2-3 serves each day</strong></td>
<td><strong>Aim for 2-3 serves each day</strong></td>
<td><strong>Aim for 1-2 serves each day</strong></td>
</tr>
<tr>
<td>• 1 slice wholemeal bread</td>
<td>• 1 pear, apple, orange</td>
<td>• 1 medium carrot or parsnip</td>
<td>• 1 cup reduced fat milk*</td>
<td>• 100g red meat</td>
</tr>
<tr>
<td>• 1 small bread roll</td>
<td>• 2 small apricots</td>
<td>• 1 cup spinach or silverbeet</td>
<td>• 1 pottle yoghurt</td>
<td>• 100g fish</td>
</tr>
<tr>
<td>• 1 crumpet</td>
<td>• 2 small plums</td>
<td>• 1 tomato</td>
<td>• 2 slices cheese</td>
<td>• ¼ cup baked beans</td>
</tr>
<tr>
<td>• 1 Weetbix</td>
<td>• 2 small mandarins</td>
<td>• ½ cup cooked vegetables</td>
<td>• ¼ cup custard</td>
<td>• 1 egg</td>
</tr>
<tr>
<td>• ½ cup porridge</td>
<td>Childs handful berries</td>
<td>• ½ cup salad</td>
<td></td>
<td>• 110g cooked skinless chicken</td>
</tr>
<tr>
<td>• 1 cup cooked rice, pasta or noodles</td>
<td>• 1 banana</td>
<td></td>
<td></td>
<td>• 2 chicken drumsticks</td>
</tr>
<tr>
<td>• 1 pikelet</td>
<td>• ½ cup fruit salad</td>
<td></td>
<td></td>
<td>• ¾ cup mince</td>
</tr>
<tr>
<td>• 2-3 water crackers</td>
<td>• 1 small box raisins</td>
<td></td>
<td></td>
<td>• ¾ cup casserole</td>
</tr>
<tr>
<td>• 1 cup cornflakes</td>
<td></td>
<td></td>
<td></td>
<td>• 2 tbsp peanut butter</td>
</tr>
<tr>
<td>• 1 cup rice bubbles</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1 hot cross bun</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1 medium potato or kumara</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Infants aged 12 months - 2 years old require standard whole milk (blue top)
A healthy plate

The plate model illustrates a balanced plate with lots of different nutrients.

- Fill half the plate with non-starchy colourful vegetables (e.g. cauliflower, silverbeet, carrots, tomatoes, salad, broccoli)
- Allow quarter of the plate for protein (e.g. lean meat, chicken, seafood, eggs, tofu, beans, lentils)
- Allow quarter of the plate for starchy carbohydrates: vegetables/wholegrains (e.g. potatoes, rice, kumara, corn, pasta, yams, couscous, bread, taro or parsnips)
- Try to purchase reduced salt versions of stocks, baked beans, no added salt tinned beans etc. Some brands also offer a no added sugar variety - look out for these as they often do not cost more
Handy basics to have in your pantry or vege garden

RICE
CINNAMON
PASTA
MIXED SPICE
FLOUR (WHOLEMEAL AND PLAIN)
GINGER
ROLLED OATS
CURRY POWDER
CORNFLOUR
PAPRIKA
BAKING POWDER
CHILLI POWDER
BAKING SODA
MIXED HERBS
IODISED SALT AND PEPPER
YOGHURT MAKER (E.G. EASIYO)
SUGAR
CUSTARD POWDER
VANILLA ESSENCE
VINEGAR

SOY SAUCE
WORCESTERSHIRE SAUCE
COOKING OIL (RICE BRAN OR CANOLA)
TINNED FISH
TINS BAKED BEANS AND SPAGHETTI
TINNED TOMATOES
TINNED CORN
TINS BEANS/LENTILS
TINNED SOUP
MILK POWDER
WHOLEMEAL Breadcrumbs
VEGETABLE STOCK
WEETBIX
EGGS
SULTANAS/RAISINS
POTATOES
ONIONS
FROZEN PEAS/CORN
FROZEN SPINACH
CARROTS
A formula for a good breakfast:

<table>
<thead>
<tr>
<th>1. Wholemeal Toast</th>
<th>+</th>
<th>Boiled egg</th>
<th>+</th>
<th>Tomato</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Weetbix</td>
<td>+</td>
<td>Milk/Yoghurt</td>
<td>+</td>
<td>Banana</td>
</tr>
<tr>
<td>3. Wholemeal Toast</td>
<td>+</td>
<td>Baked Beans</td>
<td>+</td>
<td>Orange</td>
</tr>
<tr>
<td>4. Porridge</td>
<td>+</td>
<td>Milk</td>
<td>+</td>
<td>Tinned Fruit</td>
</tr>
<tr>
<td>5. Wholemeal Toast</td>
<td>+</td>
<td>Peanut Butter</td>
<td>+</td>
<td>Banana</td>
</tr>
<tr>
<td>6. Rice</td>
<td>+</td>
<td>Chicken</td>
<td>+</td>
<td>Mixed Veges</td>
</tr>
<tr>
<td>7. Wholemeal Toast</td>
<td>+</td>
<td>Hummus</td>
<td>+</td>
<td>Avocado</td>
</tr>
<tr>
<td>8. Oats</td>
<td>+</td>
<td>Yoghurt/milk</td>
<td>+</td>
<td>Fruit</td>
</tr>
<tr>
<td>9. Wholemeal Toast</td>
<td>+</td>
<td>Marmite/Cheese</td>
<td>+</td>
<td>Piece of Fruit</td>
</tr>
<tr>
<td>10. Wholemeal Toast</td>
<td>+</td>
<td>Cheese</td>
<td>+</td>
<td>Tomato</td>
</tr>
</tbody>
</table>
How to build a healthy lunchbox

<table>
<thead>
<tr>
<th>Bready/Grainy/ Starchy</th>
<th>Fruity/Vege</th>
<th>Milky/Cheesy</th>
<th>Meaty/Beany/ Eggy</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Leftover pasta</td>
<td>• Carrot sticks</td>
<td>• Yoghurt</td>
<td>• Boiled eggs</td>
</tr>
<tr>
<td>• Leftover rice</td>
<td>• Broccoli “trees”</td>
<td>• Cubes of cheese</td>
<td>• Frittata</td>
</tr>
<tr>
<td>• Pikelets</td>
<td>• Leftover roast vege</td>
<td>• Plain milk to drink</td>
<td>• Baked beans in bread cases</td>
</tr>
<tr>
<td>• Mini savoury muffins</td>
<td>• Corn fritters</td>
<td>• Grated cheese</td>
<td>• Left over stir fry</td>
</tr>
<tr>
<td>• Scones</td>
<td>• Cut up fruit</td>
<td>• Fruit smoothie</td>
<td>• Left over dinner dishes</td>
</tr>
<tr>
<td>• Bread cases</td>
<td>• 1 tbsp dried fruit</td>
<td>• Custard</td>
<td>• Hummus to go with crackers or vege</td>
</tr>
<tr>
<td>• Baked potato</td>
<td>• Cucumber sticks</td>
<td></td>
<td>• Grilled falafels</td>
</tr>
<tr>
<td>• Sandwiches</td>
<td>• Bobby bananas</td>
<td></td>
<td>• Meatballs or Rissoles</td>
</tr>
<tr>
<td>• Leftover noodle dish</td>
<td>• Cherry tomatoes (in season)</td>
<td></td>
<td>• Tinned fish</td>
</tr>
<tr>
<td>• Rice crackers</td>
<td>• Celery sticks</td>
<td></td>
<td>• Tofu</td>
</tr>
<tr>
<td>• Pita pockets</td>
<td>• Lettuce (in sandwich)</td>
<td></td>
<td>• Lentils with rice</td>
</tr>
<tr>
<td>• Corn cakes</td>
<td>• Mixed vegetables in pasta, rice, stirfries</td>
<td></td>
<td>• Chickpeas</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Yoghurt</td>
<td>• Chicken and meat pieces</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Cubes of cheese</td>
<td>• Nut butters (check your Centre’s policy)</td>
</tr>
</tbody>
</table>
**How can I make my child’s lunchbox healthy and cheap?**

### Menu One:

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost/Description</th>
<th>Cost/Serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasta</td>
<td>79c per 500g packet</td>
<td>8c/serve</td>
</tr>
<tr>
<td>Carrot Sticks</td>
<td>$2.39 for 8 carrots (kg)</td>
<td>15c</td>
</tr>
<tr>
<td>Bobby banana</td>
<td>$3.49 for 7 bananas</td>
<td>50c/ banana</td>
</tr>
<tr>
<td>Fruit/Plain Yoghurt</td>
<td>$3.79 per 6 pack or 1L Plain</td>
<td>63c</td>
</tr>
<tr>
<td>Kiwifruit</td>
<td>$1.89 for 7 kiwifruit</td>
<td>27c</td>
</tr>
<tr>
<td><strong>Total for this lunchbox</strong></td>
<td></td>
<td><strong>$2.35</strong></td>
</tr>
</tbody>
</table>

**TIP!** If you were to add a little grated cheese and some tinned tomatoes, this would make the pasta more interesting.

### Menu Two:

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost/Description</th>
<th>Cost/Serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread cases</td>
<td>$1 loaf bread  20 slices 5c per slice</td>
<td>76 cents</td>
</tr>
<tr>
<td></td>
<td>$1.29 can corn 10 serves 13c per case</td>
<td>8c/serve</td>
</tr>
<tr>
<td></td>
<td>Tablespoon grated cheese approx. 20c per case</td>
<td></td>
</tr>
<tr>
<td>Bobby banana</td>
<td>$3.49 for 7 bananas</td>
<td>50c/ banana</td>
</tr>
<tr>
<td>Boiled egg</td>
<td>$2.99 per 12 eggs</td>
<td>25c/ egg</td>
</tr>
<tr>
<td>Celery sticks</td>
<td>$2.99 per packet 10 serves</td>
<td>30c/ serve</td>
</tr>
<tr>
<td><strong>Total for this lunchbox</strong></td>
<td></td>
<td><strong>$1.81</strong></td>
</tr>
</tbody>
</table>

**TIP!** Swap celery for carrots use a cheaper fruit such as kiwifruit in winter season.

Prices as of 30/4/2017
### Menu Three:

<table>
<thead>
<tr>
<th>Item</th>
<th>Price per Serving</th>
<th>Serving Info</th>
<th>Total for Lunchbox</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice crackers</td>
<td>$2.49 per packet</td>
<td>5 serves</td>
<td>$0.50 / serve</td>
</tr>
<tr>
<td>Fruit yoghurt</td>
<td>$3.79 per pack</td>
<td>6 serves</td>
<td>$0.63</td>
</tr>
<tr>
<td>Steamed broccoli</td>
<td>$1.49 per head</td>
<td>3 serves</td>
<td>$0.50</td>
</tr>
<tr>
<td>Kiwifruit</td>
<td>$1.89 for 7</td>
<td>7 serves</td>
<td>$0.27</td>
</tr>
<tr>
<td>Boiled egg</td>
<td>$2.99 per 12</td>
<td></td>
<td>$0.25 / egg</td>
</tr>
<tr>
<td>Bobby banana</td>
<td>$3.49 for 7</td>
<td></td>
<td>$0.50 / banana</td>
</tr>
</tbody>
</table>

Total for this lunchbox: $2.65

**Tip:** Swap broccoli for carrots or a cheaper vegetable or fruit.

### Menu Four:

<table>
<thead>
<tr>
<th>Item</th>
<th>Price per Serving</th>
<th>Serving Info</th>
<th>Total for Lunchbox</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homemade muesli slice</td>
<td>$3.79 per pack</td>
<td>6 serves</td>
<td>$0.63</td>
</tr>
<tr>
<td>Fruit yoghurt</td>
<td>$3.79 per pack</td>
<td>6 serves</td>
<td>$0.63</td>
</tr>
<tr>
<td>Carrot sticks and hummus</td>
<td>$2.99 for tub hummus</td>
<td>5 serves</td>
<td>$0.60</td>
</tr>
<tr>
<td>Kiwifruit</td>
<td>$1.89 for 7</td>
<td>7 serves</td>
<td>$0.27</td>
</tr>
<tr>
<td>Bobby banana</td>
<td>$3.49 for 7</td>
<td></td>
<td>$0.50 / banana</td>
</tr>
</tbody>
</table>

Total for this lunchbox: $2.46

Prices as of 30/4/2017
Sandwich filling ideas

Sandwiches are a quick, easy and delicious addition to the lunch box. Whole meal or multi-grain bread is the best choice, as it provides a good source of fiber. Alternatively, wholegrain wraps, rolls or pita breads can be used. Sandwiches can be made the night before and stored in the fridge overnight.

Please check your child’s preschool/kindergarten/playcentre guidelines on foods that may cause allergic reactions for other children.

- Banana and peanut butter
- Canned fish with tomato or cucumber
- Grated cheese, onion and a teaspoon of mayonnaise
- Grated cheese, lettuce and a teaspoon of mayonnaise
- Cold meat, pickle, sliced salad vegetables (e.g. tomato, lettuce etc)
- Cold meat and chopped fresh herbs (e.g. mint, parsley)
- Cream cheese, mixed herbs, sliced tomato and cucumber
- Chicken, sliced celery and a teaspoon of mayonnaise
- Grated apple, chopped raisins and peanut butter
- Low fat ham, sliced tomato and lettuce
- Mashed egg
- Mashed avocado and lean ham/other cooked meat
- Peanut butter with grated carrot and apple
- Marmite/Vegemite and cheese
- Jam and cheese
- Grated carrot and cheese
- Lettuce and Marmite
- Cheese and relish
- Lettuce and tomato
- Lettuce, avocado and tomato
- Lower fat varieties of cheese are recommended (such as edam or cottage cheese)

Alternatives to Sandwiches

Sandwiches are a typical lunchbox filler- but there are other great options too! If you run out of bread, or prefer to make something else there are plenty of great options for everyone.

- Left over roast vegetables
- Left over rice or rice salad
- Pasta or pasta salad
- Left over macaroni cheese (see recipe)
- Mini frittatas
- Sushi
- Savoury scone
- Wholegrain crackers and hummus
- Rice or corn cake with toppings
- Fruit bread sandwiches
- Hot cross bun
- Couscous
- Mousetraps
- Left over baked potato
- Leftover homemade pizza
- Soup in flask
- Left over stir fries/noodle dish
Making food fun!

Taking a little time to make food fun (and about learning) can make a huge difference when it comes to trying new foods and eating vegetables. Here are some ideas:

**Colour**

Bright, colourful vegetables are more appealing to children. You could encourage them to “eat a rainbow” every day of different vegetables.

- Come up with interesting names for food based around what your child loves
- For example broccoli could be jungle trees, grapes could be alien heads, bananas could be monkey sticks
- Make it easy for your child to choose the healthy option. If fruit is peeled and cut it can be more appealing to them to eat as it is easier. It is important our littlies learn to peel their own mandarins etc, but a helping hand could make all the difference
- Involve them in food selection and preparation. This doesn’t mean letting your child have total control over what they eat, but giving them choices such as “would you like carrot sticks or celery today?”, Marmite and cheese in your sandwich or carrot and cheese? Yoghurt or a boiled egg? Letting your child stir something or add some salad ingredients makes them feel included and more likely to eat it
- If you can, try growing something in your garden and involve the children in watering the plant, watching it grow and picking it to eat. Even if it is one lettuce plant or a herb in a pot
- Make it educational. Talk about colours and how the foods help, for example “carrots are good for our eyes”

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**MONKEY ROLLS**

- 1 slice wholemeal or whole grain bread
- 1 tbsp peanut butter or cottage cheese
- Half banana

1. Spread peanut butter or cottage cheese on bread
2. Place banana on one side of bread and roll up tightly
3. Cut into 3-4 slices

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**BUGS ON A LOG**

- Celery sticks
- Cottage cheese, peanut butter or light cream cheese
- Raisins

1. Fill celery sticks with cottage cheese, peanut butter or light cream cheese
2. Put raisins on top (the ‘bugs on a log’)
How to make healthy party food

- Funny fruity faces - cut up fruit and vegetables in geometric shapes that can be used to create faces on a solid colour paper plate. Add cheese slices so the kids can really get creative. Give a prize to the child who turns their birthday party snack into the funniest fruity faces.

- Chop up kiwifruit, apples, pears, oranges and strawberries into bite size pieces and let the kids make their own fruit kebabs – you can have dipping sauce too – yogurt works well.

- Dice or grate carrot, courgette, potato, onion and corn into savoury muffins.

- Fill vegetarian sushi with avocado, finely sliced carrots, red peppers, cucumber and silverbeet.

- Fruit platters work well at any party chopped pineapple, orange wedges, grapes, bananas, strawberries or any fruit that is season.

- Bake apples, pears or bananas for a healthy dessert.

- Make smoothies by blending berries, bananas or oranges with milk, yogurt and ice cubes.

- Decorate the birthday cake with chopped plums, strawberries and blueberries.

- Vegetable platters work well for the parents cut up carrot, courgette, red and green peppers and celery sticks and serve with hummus or salsa.

- Healthy Ambrosia, mixed chopped fruit and berries with yoghurt and a few marshmallows.

CORN AND CHEESE ‘ROLL UPS’

- 10 slices wholemeal or wholegrain bread
- 1 can creamed corn
- ½ cup celery, red pepper, mushrooms or any other vegetable, finely diced
  - 1 cup edam cheese, grated
  - Cut the crusts off three sides of the bread

1. In a bowl mix the corn, the other vegetables, and half of the grated cheese. Spread the mixture over the bread slices. Roll up each slice (leaving the crust edge on the outside) and place in a lightly oiled baking dish.

2. Top with the remaining grated cheese and bake in an oven at 160 degrees for 20-25 minutes. Leave for about 10 minutes before serving as the filling will be very hot.
How do I manage my picky eater?

• Aim to eat meals at a regular time when your child is not over-tired
• Keep meal times positive
• Eat kai as a family
• Avoid distractions – TV off
• Make sure your child can reach the table
• Make it an expectation everyone at the table tries a little of everything on their plate – don’t make a big issue if they don’t, it can take up to 15 times before our taste buds accept new flavours
• Set a good example; children watch adults’ eating habits closely
• Try not to discuss likes or dislikes in front of children. Negative attitudes towards certain foods are often taught from adults
• Give food superhero names - Spiderman spaghetti
• Talk about what food helps with - fish will make you super clever, carrots help you see in the dark, green veggies make you super strong
• Create recipes where you can blend in vegetables such as tomato sauce for pasta dishes, casseroles, quiche, pizza toppings etc - if they don’t like veggies cooked try offering these raw
• Try it raw. Raw veggies and dips in middle of table for your child to help themselves once dinner is served
• Grow own small veggie garden
• Let them pick herbs or veggies out of the garden
• Point out interesting fruit and veggies at the supermarket and let them choose one to take home
• No need to make separate meals. Try including at least one thing your child will eat
• If your child isn’t eating their food, try offering less on their plate or lunchbox at first

Non food related rewards

Using food and drink as a reward to comfort or distract can encourage children to rely on food to deal with emotions. This can lead to emotional eating and promote unwanted weight gain in adulthood.

• Going to the park
• Extra bedtime story
• Spending the night with friends/grandparents
• A picnic lunch with family
• Playing a board game
• Trip to the swimming pool
• Trip to the beach
• Bubbles
• New coloring in book
• Build a fort together
• Stickers
• Make some play dough or slime

SLIME

Ingredients: Cornflour, food colouring and water

What to do: Pour some cornflour into a mixing bowl

Stir in small amounts of water until the cornflour has become a very thick paste

To make the slime the colour of your choice, thoroughly stir about five drops of food coloring into the mixture
Protecting that beautiful smile

Healthy teeth play an important role in a child’s development, helping them to eat and speak properly. Healthy teeth are important for self confidence later in life.

Children in New Zealand are entitled to free basic oral health services until their 18th birthday. It is important to enrol your child as early as possible so that their first check-up can be arranged. This is usually between their 1st and 2nd birthday. You can enrol by calling 0800 825 583 (0800 TALK TEETH).

Tips to look after your family’s smile:

• Brush teeth twice a day, with fluoridated toothpaste. Fluoride helps to strengthen growing teeth and fix very early stages of decay. Your child will need help and supervision with this until they are about 8 years old.

• Spit, don’t rinse after brushing!

• Have regular dental check ups

• Lift the lip every month and check your child’s teeth and gums

• Choose healthy snacks

• Drink water and milk

• Limit sugary foods to mealtimes and give only occasionally

TEETH FRIENDLY SNACKS & DRINKS:
- Bread
- Cheese
- Vegetables and fresh fruit
- Unsweetened popcorn
- Nuts
- Yoghurt
- Milk
- Water
Recipes with leftovers

Cooking and preparing extra food can be a great way to save time and be cost effective. Leftover meals can be refrigerated and reheated, or created into something different.

Roast Vegetable Frittatas

- Any left over roast vegetables
- Any other vegetables (onion, tomato, spinach, silverbeet, grated carrot)
- Grated cheese
- Eggs
- Things to add flavor - such as a dash of sweet chilli sauce, dried mixed herbs, salt and pepper

Preheat oven to 180 degrees. Spray muffin tins or a cake tin with oil spray to prevent sticking. Whisk the eggs, add the other vegetables (not the roast ones), cheese and any extra flavourings. Distribute the roast vegetables on the bottom, and pour the egg mixture over the top. Bake in oven for 15-20 minutes or until cooked through.

Cooking in muffin tins will speed up the cooking process.

Potato Cakes

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

- 2 - 3 cups mashed potato/kumara/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

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.

Handy Tip:

Instead of using spray oil, you could put some oil into a jar and keep a brush on hand to brush on to pans/baking trays.
**LEFT-OVER RICE PATTIES**

- Left-over cooked rice (any quantity)
- Beaten egg (1 per cup of rice)
- Vegetables (either frozen peas/corn, grated carrot or other vegetables)
- Grated edam cheese
- Mixed herbs or any other flavourings

Beat the eggs together and combine all ingredients in a bowl. Use your hands to make patties. Either bake in oven with a little cheese on the top or cook in a non stick pan.

**LENTIL PATTIES**

- 1 ½ cups dried red lentils
- 2 ½ cups water
- 2 tsp vegetable stock powder
- 1 small onion, finely chopped
- 2 tsp olive oil
- 2 tbsp tomato paste with no added salt
- 2 ½ cups wholemeal breadcrumbs
- 1 grated carrot

In a medium saucepan, add lentils, stock and 1 teaspoon of olive oil. The olive oil will help reduce foam build up when lentils are cooking. Bring to the boil then reduce to a simmer and cover with a lid. Cook for 15 minutes or until lentils are cooked.

In a small saucepan, heat 1 teaspoon of olive oil and sauté onions on a very low heat for 10 minutes. Add this to the cooked lentils along with the tomato paste. Cook for a further 2 minutes. Remove from heat and add breadcrumbs. Mix to combine. With wet hands, shape into 5-6cm patties that are 1.5-2cm thick.

To cook, lightly oil a fry pan and cook patties until golden on each side.

Freeze any uncooked patties separating them with baking paper as you store them.
RECIPES FOR THE LUNCHBOX AND FOR HOME
**Ingredients**

1 ½ cups self raising flour
1 cup low fat milk
1 egg
1 cup grated cheese

Any other fillings; a tsp curry powder or mixed herbs, spinach, left over roast vegetables, finely chopped onion, capsicum, tomato

**Method**

1. Mix the dry ingredients, this includes the cheese and savoury fillings. Mix carefully to avoid mashing all the ingredients together
2. Mix the wet ingredients in a separate bowl
3. Mix wet and dry ingredients together
4. Spray muffin tins with spray oil and spoon mixture in
5. Cook at 200 degrees for about 20 minutes
1. In a large bowl, mix together flour, baking soda, baking bran/bran flakes and cinnamon

2. In another bowl, mix together bananas, yoghurt, honey, eggs, vegetable oil and vanilla essence

3. Pour the wet mixture into the dry mixture. Stir until just combined. Try not to over mix

4. Spoon mixture into greased muffin tins

5. Bake for 20-25 minutes or until golden and cooked through

BANANA BRAN + HONEY MUFFINS

Ingredients

1 ¾ cup self-raising flour
½ tsp baking soda
1 ¾ cup baking bran/bran flakes
1 tsp cinnamon
2 bananas, mashed
1 ¼ cup plain unsweetened yoghurt
¼ cup runny honey (you can make honey runny by microwaving it for 20 seconds)
2 eggs
¼ cup vegetable oil
1 tsp vanilla essence
FRUIT MUFFINS

Method
1. Preheat the oven to 200 degrees on bake
2. Melt the margarine in the microwave
3. In a bowl, beat the eggs and milk with a fork or a whisk and add the melted margarine
4. Add the sugar, flour, tinned fruit and sultanas. Mix together
5. Grease a muffin tin or use muffin cases. Spoon the mixture into the cases or tin
6. Bake for 20-25 minutes. Leave muffins in their tins for a few minutes before putting them onto a wire rack to cool

Ingredients
1 tbsp margarine
¼ cup sugar
2 eggs
1 ½ cup low fat milk
1 cup raisins or sultanas
1 tin peaches (or any other tinned fruit, in juice - not syrup)
1 ½ cups self-raising flour
1 ½ cups wholemeal flour
1 tsp baking powder

WEETBIX SLICE

Method
1. Mix all of the ingredients together
2. Press into a tin that is lined with baking paper
3. Bake at 180 degrees for 25-30 minutes or until firm to touch

Ingredients
2 crushed weetbix
¼ cup brown sugar
1 cup rolled oats
1 cup wholemeal flour
1 tsp baking powder
1 cup low fat milk
1 cup dried fruit (eg raisins, chopped apricots, dates)
1 cup seeds or chopped nuts (pumpkin seeds, sunflower seeds, walnuts)
**HOMEMADE MUESLIL SLICE**

**Method**

1. Line tin with baking paper. Turn oven onto bake, 180 degrees
2. Beat oil, egg, sugar and milk together until smooth
3. Stir in dates, sultanas, flour, rolled oats, baking powder and cinnamon
4. Mix together
5. Spread into tin
6. Bake for 40-45 minutes or until golden brown and firm to touch
7. Let cool and cut into squares

**Ingredients**

- 2 eggs
- ½ cup oil
- ¼ cup brown sugar
- 1 cup low fat milk
- ½ cup chopped dates
- ½ cup sultanas
- 2 cup wholemeal flour
- 1 cup rolled oats
- 2 tsp baking powder
- 2 tsp cinnamon
Vegetable Slice

**Ingredients**

- Spray on cooking oil
- 1 onion, finely chopped
- 1-2 cups seasonal vegetables, finely sliced or chopped
- 1 ½ cups grated cheese
- 3 eggs
- 2 tbsp milk
- 1 cup self raising flour
- 1 tsp mixed herbs (optional)

**Method**

1. Lightly spray the baking dish with oil spray
2. Place onion and other vegetables into the baking dishes and scatter with cheese
3. Lightly beat the eggs and milk together
4. Add the self raising flour and herbs and mix well ensuring there are no lumps
5. Pour over the vegetables
6. Bake at 200 degrees for 30-35 minutes until golden brown and set
PIKELETS

Method

1. Sift the flours and baking powder into a bowl and make a well in the centre. Whisk together the eggs, milk and sugar

2. Pour the wet mixture into the well and mix slowly. Add the fruit

3. Heat a large non stick frying pan over medium heat and brush with oil. Drop heaped teaspoons of batter into the pan and cook until bubbles appear on the surface, then turn and brown the other side

4. Transfer onto a wire rack to cool

Ingredients

- ½ cup plain flour
- ½ cup wholemeal flour
- 1 tsp baking powder
- ¼ cup sugar
- 2 eggs
- ½ cup low fat milk
- Tin of peaches or apples

TIP... SUBSTITUTE SUGAR FOR 1 MASHED BANANA TO MAKE YUMMY BANANA PIKELETS!
MEATBALLS

Ingredients

- 400g lean beef mince
- ½ onion, finely chopped
- 1 carrot, grated
- 1 courgette, grated
- 1 egg
- 1 tbsp wholemeal flour
- 1 tbsp mixed herbs

Method

1. In a large bowl combine all ingredients and mix with your hands to combine.

2. Form into 12 meatballs and place on a baking dish.

3. Bake at 180 degrees for 25-30 minutes until the meatballs are no longer pink in the centre. You could add a tomato based sauce to this and serve with pasta, rice, potato, kumara or squash into patties for homemade burgers.

TIP... TO REDUCE COST, MAKE THE RECIPE GO FURTHER AND INCREASE FIBRE. HALVE THE MINCE AND ADD A 250-400G CAN OF Drained Lentils, Beans OR Chickpeas.
**Method**

1. Turn oven on to 180 degrees bake. Bring water to the boil to cook macaroni and boil until soft to bite. Drain.

2. In a pot, mix milk, flour, mustard, stock powder, salt and pepper and whisk to combine. Heat on medium until boiling, reduce heat and simmer for a few minutes until thickened.

3. Remove from heat and add half of the cheese, the peas and corn and onion.

4. Put cooked macaroni into oven dish and pour cheese sauce mixture over the top. Mix in the shaved ham. Sprinkle with breadcrumbs, tomato and remaining cheese. Cook at 180 degrees for 20 minutes until golden brown and heated through.

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**Ingredients**

**CHEESE SAUCE**
- 2 cups trim milk
- 2 tbsp corn flour
- 1 tsp mustard
- 1 tsp stock powder
- 1 cup grated cheese

**MACARONI**
- 2 cups macaroni elbows, cooked
- 1 onion, finely chopped and microwaved until softened
- 1 cup frozen peas
- 1 cup frozen corn
- ¼ cup breadcrumbs
- 2 tomatoes, sliced (optional)
- Shaved ham, sliced (optional)
Ingredients

Wholemeal sliced bread

Fillings - options include:
- Creamed corn
- Spaghetti
- Baked beans
- Left over mince
- Cheese
- Finely sliced vegetables such as tomato, onion, mushrooms, capsicum and celery
- Shaved ham
- Canned pineapple

Method

1. Preheat oven to 180 degrees bake
2. Lightly grease muffin tins
3. Press slices of bread into muffin tins (some crusts may need to be cut off to make this easier)
4. Mix together fillings in a bowl and spoon tablespoons of mixture into bread
5. Bake until golden brown and fillings cooked/melted
In a nutshell

1. Aim to incorporate fruit and vegetables into each meal in some way.

2. Water and milk are the best choices of drink for your child. Juice, flavoured milk, cordial and soft drinks are not recommended as they can be high in added sugars.

3. “Eat on your seat and not on your feet.” Aim to have meals as a family where possible and turn off the TV. This is a great chance to catch up with each other and makes meal times a positive experience for all.

4. Children need to eat many different foods to be healthy and to grow and develop. The four food groups are: fruit and vegetables, breads and cereals, milk and milk products and lean meat, eggs, lentils and beans.

5. Encourage children to try new foods but don’t force them if they are refusing certain foods. Research tells us that it can take up to 15 times for a child to accept new foods or flavours.

6. Do the best you can with whatever budget you have. Fresh, frozen and canned fruit and vegetables are all good options. Buying fresh produce that is in season will be cheaper. Adding canned beans to meat dishes will make it stretch much further.

7. Be crafty to minimize waste; for example broccoli stalks can be grated and added to mince, left over roast vegetables can be used with eggs to make a frittata, limp looking vegetables can be used to make a soup.

8. Setting aside an extra ten minutes per night to cut sandwich fillings, prepare vegetables or boil eggs is a great way to make the healthy option the easy option.

9. Let your children help decide which vegetables to buy in the shopping (within reason!).

10. Keep takeaways as an occasional food rather than a regular occurrence. These foods are usually high fat, salt and sugar, and offer little nutrients.
www.healthyfood.co.nz
www.myfamily.kiwi
www.fuelled4life.org.nz
www.5adayeducation.org.nz
(for teaching resources, e books and news)
Community & Public Health West Coast

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