

Healthy lunches made easy

Community and Public Health

Canterbury
District Health Board
Te Poari Hauora o Waitaha

group 1: starchy foods i.e. breads, rice & pasta



Cheese sandwich



Peanut butter pinwheels



Fruit bread sandwiches



Corned beef sandwich



Filled pita bread
(ham, grated cheese and carrot)



Filled roll
(tuna and salad)



Crackers & cheese



Scone



Toasted cheese fingers



Pizza



Rice dish



Pasta dish



Rice cake with toppings

group 2: fruit & vegetables



Mandarin



Banana



Apple



Grapes



Plums & Apricots



Strawberries
& Kiwi fruit



Carrot & celery slices
with dip



Fruit salad



Dried fruit & nuts



Kumara



Melon



Cherry tomatoes

group 3: others



Yoghurt



Hard boiled egg



Jelly cup with fruit



Mini muffins



Plain biscuits
- fruit fingers



Plain biscuits
- digestives



Muesli bar*



Popcorn

step 1

Choose foods that help children learn and grow.

The foods illustrated in the 3 groups shown here provide useful amounts of the nutrients and energy children need to grow, learn and stay healthy.

These foods are suggestions only.

step 2

Put it all together!

Make up the lunchbox using a variety of foods from each of the 3 groups. For active children, bump up the quantity of foods from groups 1 & 2.



Filled pita bread

Dried fruit & nuts

Apple

Mini muffins



Corned beef sandwich

Kumara

Mandarin

Yoghurt



Crackers & cheese

Plums & Apricots

Carrot & celery
slices with dip

Popcorn



Filled roll

Cherry tomatoes

Fruit salad cup

Muesli bar*

tips for healthy lunches

1. Base lunches around sandwiches i.e. bread with fillings, plus fruit and/or vegetables. Go for mostly wholemeal/wholegrain breads try different varieties such as pita, rolls, flatbread naan or English muffins. Choose fruit and vegetables that are fresh and in season.
 2. Concentrate on savoury fillings for sandwiches: cold meat, cheeses, tinned fish, peanut butter and hummus are great choices for growing children and team up well with grated carrot, lettuce, tomato and other salad fillings. Try to keep sweet sandwich spreads such as jam, honey or chocolate spread to no more than once a week.
 3. Keep food items small and manageable. Bite sized sandwiches and muffins, fruit cut into small pieces, vegetable sticks and cherry tomatoes are more likely to be eaten than larger food items.
 4. For the non-sandwich eater try left over pizza, pasta, salads, scones, crackers and cheese, wheat biscuits with spread or other breakfast cereal.
 5. Include a frozen water bottle in the lunch box over summer to keep food chilled and fresh. Insulated lunch boxes are also a good way to keep food cold.
 6. Water and milk are the only drinks recommended for children. Sweet drinks such as soft drinks, fruit juice and flavoured milks are not recommended as they contribute to weight gain and tooth decay.
- * Although muesli bars may appear to be healthy, many are too high in sugar and fat. Look for bars with less than 600kj and less than 2 grams saturated fat per serve. Unless your child is very active and not overweight, they should be occasional foods only.

avoid giant portions!

Giant versions of food have no place in a child's lunchbox...



one giant cookie

= 12 wine biscuits



one giant muffin

= 2 standard sized muffins
= 6 mini-muffins