

Ka Pai Kai!

Easy steps to great lunches!



Refer to the Ministry of Health nutrition guidelines for further information about providing suitable kai for each age and stage.

For more ideas go to healthykids.org.nz

Canterbury
District Health Board
Te Poari Hauora o Waitaha

NUT0045 August 2020

1

Take wholemeal bread, a bun, wrap or crackers ...



+



some fillings ...



+



some veggies ...



2

Add some fruit ..



Make



water
your
choice of
drink

3

Then add any extras



Other great options:
leftovers, stir-fry,
hangi, chop-suey
soup, curry and
much more...

PTO

