

# LUNCHBOX IDEAS

## Ngā tauira Kai



- Try to include plant-based proteins in your lunches. Use hummus as a dip with fresh veggies, soy beans as a snack and add canned chickpeas/kidney beans to leftovers.
- Roll it, stuff it or spread it. Try different breads to keep lunches interesting like wraps, pita bread, fruit bread, muffin splits or rēwena bread. Choose wholegrain.
- Cut sandwiches, fruit and vegetables into different shapes using a biscuit cutter or knife.
- Use heart healthy spreads which are nutrient-rich on sandwiches such as avocado, hummus, nut butters.
- Make items in bulk and keep in the freezer eg. mini pizzas mouse traps or frittata.
- Add lemon juice to cut up fruit (apples and pears) to stop them going brown.
- Choose water, the best drink for your child.
- A frozen drink bottle or icepack helps keep milk products and meat/meat alternatives cold until lunchtime. Frozen bread also helps keep sandwich fillings cold.
- Involve your children in lunchbox choices and preparation. You could make your own healthy lunch at the same time.



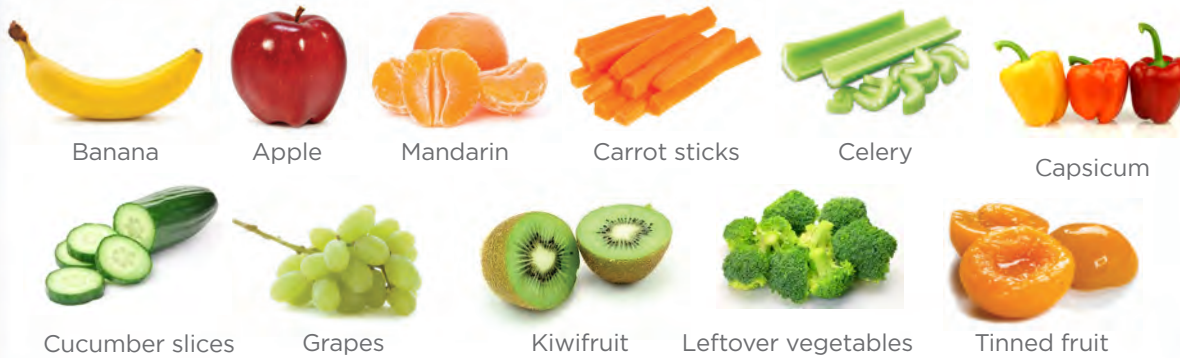
# LOADING UP THE LUNCHBOX

## Ngā Kai tika o te tina

Children need a variety of healthy foods to learn and grow.  
Try to choose foods from each of the four groups below, every day.



### Vegetables and fruit



### Milk, yoghurt and cheese



### Grain foods and starchy vegetables (wholemeal/wholegrain)



### Legumes, fish, seafood, eggs, poultry and meat



\*Popcorn is not recommended for children under 3 years and nuts are not recommended for children under 5 years.  
Check with your ECE service or school if there are any allergy restrictions.