

FUELLED4LIFE LUNCH BOXES

FOR 2-6 YEARS

HERE ARE SOME LOW COST, EASY AND INTERESTING LUNCH BOX IDEAS



REMEMBER IT'S WHAT YOUR CHILD EATS OVER THE WHOLE DAY THAT IS IMPORTANT

TIPS

Aim for a lunch box that has the four food groups (vegetables and fruit, breads and cereals, milk and milk products and lean meat, fish, seafood, eggs, legumes, nuts and seeds)

MIXING IT UP: MEAL IDEAS

- Leftovers from dinner. For example pasta can be made into a salad or use roast vegetables in a **frittata**.
- Add variety to **sandwiches** by cutting into different shapes, making club sandwiches, **pinwheels** or using different breads such as rēwena bread or pitas
- Wholemeal wraps with tuna, lettuce and grated carrot
- **Meatballs** and pasta
- Wholemeal toastie. For example cheese and tomato, cheese and corn or cheese and pineapple.
- **Vegetable dumplings**
- **Sushi**
- **Vegetable fried rice**
- **Vegetable fritters**
For example zucchini or corn
- Dhal and roti
- **Bean and rice salad**



MIXING IT UP: SNACK IDEAS

- Seasonal vegetables. For example corn cobs, baked kumara, capsicum sticks, and halved cherry tomatoes.
- Seasonal fruit. For example watermelon, grapes, feijoa, strawberries, oranges, plums, apricots.
- Plain yoghurt with berries or cut fruit
- Celery sticks with peanut butter
- Carrot sticks with cottage cheese
- Plain popcorn
- Grainy crackers or rice cakes with cheese
- Vegetable sticks with avocado dip
- Mini wholemeal sandwiches
- Custard



SAFETY TIPS

- Remember to take into account your child's age when packing their lunch box.
- Small and round or soft foods such as popcorn and sausages can get stuck in children's airways. Grapes and cherry tomatoes can be halved and stones should be taken out from fruit.
- Hard foods such as nuts, raw fruit or vegetables may be difficult for young children to bite and breakdown enough to swallow safely. Carrot, celery or apple can be cooked until soft or grated.
- Check to ensure there are no allergy restrictions at the early childhood education service.
- Keep lunch boxes cool by including a frozen water bottle.



MONEY SAVING TIPS

- Growing your own vegetables can be cheaper and is a great way to teach young children about vegetables and fruit. Green beans, cherry tomatoes and lettuce are great items to start with.
- Buy vegetables and fruit that are in season.
- Remember frozen berries and vegetables can be cheaper options.
- Buy items in bulk such as yoghurt and cheese and put into small containers for the lunch box.

