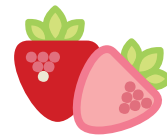


# Lunchbox Ideas

## Ngā tauira Kai

For school children



- **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 like 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

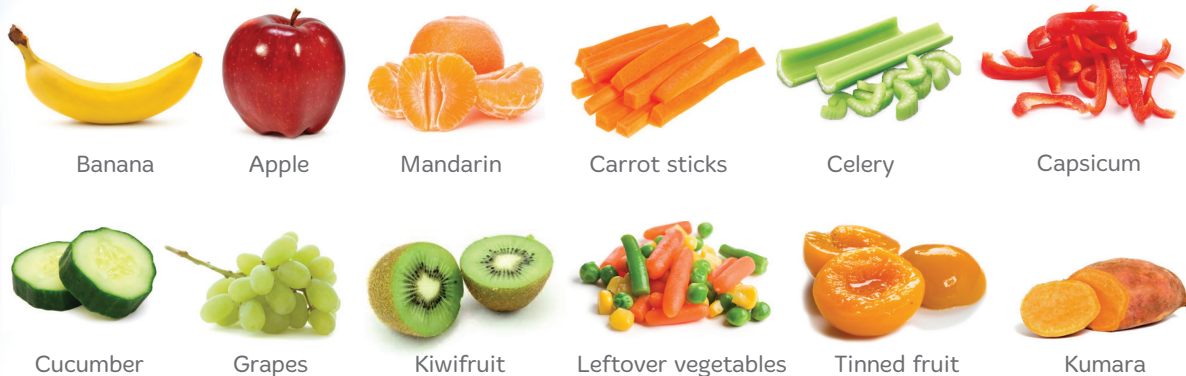
## Ngā kai tika ō te tīna

For school children



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

### Vegetables and fruit



### Milk, yoghurt and cheese

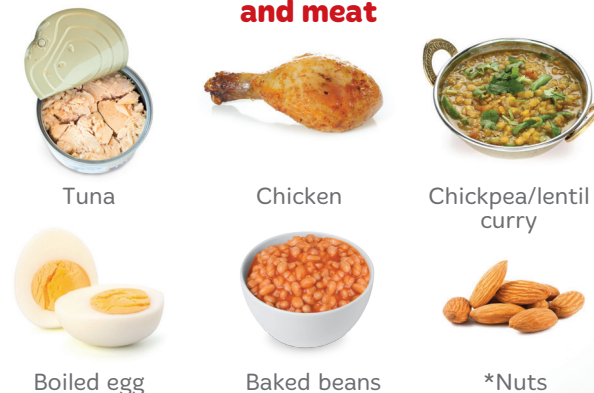


### Grain food and starchy vegetables (wholemeal/wholegrain)



Water

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



Children can choke on food at any age but the risk is higher in children under 5 years. Refer to the Ministry of Health Guidelines to find out more. Search 'food and choking' at [health.govt.nz](http://health.govt.nz)  
\*Popcorn is not recommended for children under 3 years and nuts are not recommended for children under 5 years. Check with your school if there are any allergy restrictions.