

Out to Lunch

Providing healthy lunches for preschoolers eat can be a challenge.

Preparation time is often limited and there is a lot of advertising pressure to buy sugary convenience snacks. Try to focus on nutrients when making choices for children's packed lunches and snacks. They need plenty of nutrients for growth and often have small appetites so it is best they don't fill up on snack foods that are high in sugar and fat and low in nutrients. Read labels when making selections and limit packaged foods.

- Try a variety of breads such as french stick, wholemeal, pita, white, naan, crackers.
- Filling ideas: some children may prefer only one filling and will eat a chopped tomato or cucumber on the side – cheese, tinned fish, hummus, banana, marmite/vegemite, grated carrot, lettuce, beetroot and sprouts. Try to keep sweet spreads to once or twice a week.
- For the non-sandwich eater - left over pizza, cold macaroni cheese, potato/kumara/rice salad, taro, savoury muffins or scones, crumpets, crackers and cheese, weetbix and spread or other low sugar breakfast cereal.
- Snacks – Think about nutrients when it comes to snacks too. Children have small tummies and big nutrient needs so try to make every snack and meal nutritious. Cheese slices, popcorn, pikelets, fruit loaf, nuts, custard in pottles, fruit and veg sticks, yoghurt

Quick lunch combo ideas!

monkey roll – banana in white bread cheese and carrot sticks a piece of boston bun pear	filled roll-grated cheese, lettuce & carrot orange quarters pikelet and jam
wholemeal cheese and marmite swich grapes fruit biscuits like "snackright"	Pasta salad with cheese and veg kiwi fruit popcorn

Kumara and Cheese Muffins

- 2 cups self raising flour, sifted**
- 1/4 cup fat free milk powder**
- 1/4 cup grated kumara**
- 2 tbsp grated edam cheese**
- 1/2 small red capsicum, finely diced**
- 3 spring onions, chopped**
- 2 eggs**
- 1 cup trim milk**
- cracked black pepper, to taste**



Combine the flour, milk powder, kumara, cheese, capsicum and onion in a bowl. Whisk eggs, milk and pepper together and stir into the flour mixture. Spoon mixture into a greased 12-muffin tin and back for 25 minutes at 180C or until golden. Cool and serve or freeze for later use.

Healthy Nibbles for Tots

Nutrition and physical activity Information for Under 5s

For more information visit: www.cph.co.nz

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