• **Involve your children** in lunchbox choices and preparation. You could make your own healthy lunch at the same time.

• **Roll it, stuff it or spread it.** Try different breads to keep lunches interesting like wraps, pita bread, fruit bread, muffin splits or rēwana bread.

• **Cut sandwiches into different shapes** using a biscuit cutter or knife.

• **Stop sandwiches going soggy.** Pack bread and fillings separately and let your child make their own sandwich at lunchtime.

• **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 & meat/meat alternatives cold until lunchtime. Frozen bread also helps keep sandwich fillings cold.
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**
- Banana
- Apple
- Mandarin
- Carrot sticks
- Celery
- Kumara
- Cooked taro
- Grapes
- Kiwifruit
- Leftover vegetables
- Tinned fruit

**Milk and milk products**
- Cottage cheese
- Cheese
- Custard
- Yoghurt
- Reduced fat milk

**Breads and cereals (wholemeal/wholegrain)**
- Wraps
- Sandwiches
- Mini pizza
- Leftovers
- Sushi
- Roti/chapatti
- Popcorn*
- Crackers
- Pita pockets

**Lean meat and meat alternatives**
- Tuna
- Chicken
- Chickpea/lentil curry
- Boiled egg
- Baked beans
- Nuts*

*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.