

A little planning goes a long way

Organise what you can the night before whether this be making sandwiches, hard boiling eggs or chopping fruit or vegetables. Have the lunch boxes on the benchtop ready to go for the morning.

A healthy eating often sounds more complicated than it needs

We promote healthy eating because it leads to healthy bodies and healthy mind. Getting a good start in life is important and children need to be eating well to maximise their health and capacity for learning.

Keeping children interested in their lunch is important

By changing what you give them it ensures they get a healthy variety and the opportunity to try different foods. Research shows that it can take up to 10 attempts for a child to accept a new food, so don't be discouraged if it is sent home in the lunch box a few times

- **More energy for play time**
- **Fuel for sport**
- **Easier to concentrate in class**
- **Important for growing properly**
- **Important for strong bones and muscles**

REASONS WHY EATING LUNCH IS IMPORTANT



WATER is the best drink for children

Sugar sweetened beverages like fizzy drink and juice contain a lot of energy (calories) without satisfying hunger.

Encourage the use of school drinking taps or water fountains if they have, particularly as warmer weather approaches. Plenty of water throughout the day will help children concentrate and maintain energy level.

A HEALTHY SCHOOL LUNCH PACK



DEAR FRIEND, I HOPE ALL IS WELL WITH YOU AND THAT YOU ARE AS HEALTHY IN BODY AS YOU ARE STRONG IN SPIRIT.

3 JOHN 1:2 (NLT)

- 10** - *Peanut butter sandwich*
 - *Cherry tomatoes and cucumber sticks*
 - *Guava and watermelon slices*
 - *Water*

Healthy Lunch Box Suggestions:

- **SNACKS** - pumpkin seeds, dried raisins, friend banana or taro chips, if can afford: almonds, walnuts or mixed nuts, roasted or raw peanuts in shell. Local nuts - ivi (water chestnuts), dried peas. Discourage, sugary and oily snacks and processed bongo, ruffles and twisties. Stick to Ministry of Health School Canteen guidelines if your country has one.
- **Hard boiled eggs** for protein.
- **Healthy home-made** veggie patties.
- **Veggies pieces** (e.g. carrots, broccoli, cucumber, celery) with yummy dips or sources, corn on the cob, cherry tomatoes.
- **Frozen fruits pieces** (healthy and help to keep the lunch box cool).
- **Fresh fruit pieces in season:** mangoes, mandarins, bananas, pineapple, pawpaw - can be serve whole or made into fruits kehabs.
- **Vege sandwiches** - haystacks, banana peanut butter sandwiches.
- Plain coconut or young coconut flesh and its juice fresh sugar cane sticks
- Rourou (taro leaves) balls, boiled buck choy, veggies chop-suey or chowmien for heavy lunch.

- 5** - *Luplup with spinach and island cabbage*
 - *Avocado salad (sliced avocado, tomatoes & lettuce)*
 - *Oranges and rambuttan*
 - *Water*

- 6** - *Avocado sandwich*
 - *Boiled breadfruit slices*
 - *Carrot and cucumber slices*
 - *Guava slices and mandarin*
 - *Water*

- 7** - *Chickpea salad*
 - *Boiled sweet potato*
 - *Lady's finger (Banana & passion fruit)*
 - *Water*

- 8** - *Pumpkin curry with roti*
 - *Tomato and cucumber slices*
 - *Young coconut and water melon slices*
 - *Water*

- 9** - *Plain vegetable sandwich (sliced cucumbers, tomato and lettuce)*
 - *Corn*
 - *Carrot slices*
 - *Soursop and Guava*
 - *Water*

10 Days Kids LUNCH IDEAS

- 1** - *Hardboiled egg (circular sliced)*
 - *Taro*
 - *Cucumber sticks & Tomato slices*
 - *Peanuts*
 - *Pineapple cut into cubes*
 - *Water*

- 2** - *Tofu wrap (Tofu, Lettuce, Tomato)*
 - *Corn*
 - *Carrot sticks*
 - *Watermelon*
 - *Water*

- 3** - *Banana sandwich with peanut butter*
 - *Celery sticks*
 - *Sliced Mangoes or Guava*
 - *Water*

- 4** - *Pumpkin and egg sandwich with cucumber and lettuce*
 - *Nuts (Peanuts and Almonds)*
 - *Banana and apple slices*
 - *Water*

