

The ideal lunchbox:

Bread: eg. 2x high-fibre white bread sandwiches made with margarine and marmite/^{vegemite}

- Fruit and vegetables:
eg. A container of berries and grapes
- Dairy: eg. 1 cheese triangle
- Meat/meat alternative:
eg. Hard boiled egg
(or filling in sandwich
- Snacks: (not treat food)
eg. Raw chopped up carrot, muffin, crackers

Celebration Guidelines:

We do allow cakes for the occasional celebrations, occasionally, as in we promote healthy living.

Ministry of Health guidelines "Eating for Children"

Eat many different foods from the four food groups each day. For preschoolers:

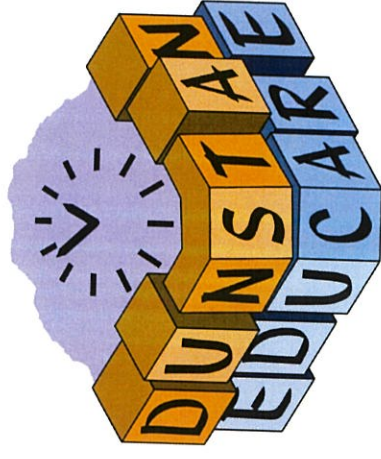
Fruit and vegetables: At least 2 servings of fruit (1 whole fruit or 1/2 cup of cooked fruit) and 2 servings of vegetables (1 medium potato, 1/2 cup cooked veggies) each day

Breads and Cereals: At least 4 servings (1 roll, 1 muffin, 1 slice of bread, 1/2 cup cooked cereal) each day

Lean meats, chicken, seafood, eggs, dried beans, peas and lentils: At least 1 serving (2 slices of meat, 1 egg, 3/4 cup cooked dried beans, 1 chicken leg) each day

Milk and milk products: At least 2-3 servings (1 glass of milk, 2 slices of cheese, 1 pottle of yoghurt) each day

Choose snacks low in sugar, fat and salt. Have plenty to drink. Children need small drinks often. Water is best. Offer milk after or in between meals. Participate in regular physical activity.



Lunchbox Guidelines

In the box:

With guidance from the Heart Foundation, we recommend choosing at least one item from each of the four food groups:

Breads and Cereals: eg.

Sushi, sandwiches/wraps/rolls, cheese on toast, left-over pasta/rice, chop suey



Fruit and vegetables: Child sized fruit

such as: mandarins, grapes or cut fruit (fruit can be fresh/tinned/dried). Veggie ideas include: carrot, celery, cucumber, pepper sticks, baby tomatoes or baked potatoes

Dairy or soy based products: Cheese, yoghurt, dairy food

Protein: lean meat, meat alternatives, tuna, chicken, eggs, baked beans

Other snack foods you might like to include:

- Cracker biscuits-corn thins, rice crackers, water crackers, cruskits etc
- mini muffins, fruit loaf, scones, pikelets, plain sweet biscuits or bun, plain popcorn

Water is available for children at all times of the day



Sandwich ideas:



Sandwich filling ideas:

Hummus, cheese, salad, cottage cheese, grated carrot, avocado, egg, tomato, cucumber, ham, chicken, lean meat, marmite/vegemite, tuna

Sandwich tops:

- make a sandwich fun to eat by cutting into different shapes (triangles, squares, circles—try biscuit cutters)
- If you involve your children in the making process they are much more likely to eat it!
- Try different combinations of fillings
- Vary the bread: you can use wraps, pita, buns, rolls



Treat options:

Please restrict packaged items to one per day - options might include: Plain popcorn, muesli bars, rice wheels, tiny teddies, Le Snak, containers of breakfast cereal. We are an environmentally friendly preschool so aim to get zero package waste.

None of these at Educare please

- Any product with nuts (traces of nut ok)
- Lollies
- Chocolate
- Rollups/fruit strings
- Flavoured milk/juice
- Chocolate/yoghurt coated muesli bars
- Potato chips

For further information and great healthy lunch ideas try this website:
[1www.healthy food.co.nz](http://www.healthyfood.co.nz)

