

## Healthy school lunches

### Ngā kai hauora o te wā tina ki te kura

A healthy, balanced lunch gives children everything they need to play and learn well.

Involve your child in choosing and making lunches. This will make them more likely to eat and enjoy their lunch.

### Lunch box checklist

A healthy lunch box should include items from the following food groups.

- Grain foods – they give children energy and brain power. Choose high-fibre and wholegrain bread. Try mixing it up by using wraps, flatbread, pita bread, grainy rolls and crackers.
- Vegetables and fruit – they provide fibre and important minerals and vitamins without too many kilojoules. Cut vegetables into manageable pieces such as carrot, cucumber or celery sticks. You can also add vegetables to sandwich fillings. Use fruit that fits easily in a lunch box such as mandarins, small apples, grapes, or a pottle of diced fruit.
- Milk and milk products – they provide calcium which helps to build strong bones and teeth. Cheese slices and yoghurt (pottles or pouches) are great snacks in lunch boxes. Include a small ice brick or a frozen water bottle to keep them cool and at a safe temperature.
- Lean meat, chicken, fish, eggs, nuts and beans – they provide protein to help build strong muscles, and key nutrients such as iron and magnesium for growth. Peanut butter, chicken, tuna, eggs, or hummus make great high-protein sandwich fillings.
- Bottle of water – try adding fruit or vegetables like lemon, cucumber, oranges or berries to make flavoured water. See [Make your own flavoured water](#) from My Family Food ([myfamily.kiwi](http://myfamily.kiwi)).



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