



Lunchbox Ideas

Ngā tauira Kai

For 2-5 year olds

 Heart Foundation™

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- **Try to include plant-based proteins in your lunches.** Use hummus as a dip with fresh veggies.
- **Roll it, stuff it or spread it.** Try different breads to keep lunches interesting like wraps, pita bread, muffin splits or rēwena bread. Choose whole grain.
- **Cut sandwiches, fruit and vegetables into different shapes** using a biscuit cutter or knife.
- **Use heart healthy spreads which are** nutrient-rich on sandwiches such as avocado, hummus, nut butters (spread thinly).
- **Make items in bulk** and keep in the freezer like mini pizzas, mouse traps or frittata.
- **Add lemon juice to thinly sliced fruit** to stop them going brown.
- **Choose water,** the best drink for your child.
- **A frozen drink bottle or icepack** helps keep milk products and meat/meat alternatives cold until lunchtime. Frozen bread also helps keep sandwich fillings cold.
- **Involve your children in lunchbox choices and preparation.** You could make your own healthy lunch at the same time.



Loading up the lunchbox

Ngā kai tika ō te tīna For 2-5 year olds

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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



Sliced mandarin



Cooked or stewed apple



Cooked or grated carrot



Sliced capsicum



Peeled and sliced cucumber



Cooked leftover vegetables



Sliced kiwifruit



Diced tomato



Kūmara

Milk, yoghurt and cheese



Cottage cheese



Grated cheese



Custard



Yoghurt



Reduced fat milk

Grain foods (wholemeal/whole grain)



Pita bread



Sandwiches



Mini pizza



Roti/chapatti



Rice ball



Pasta



Couscous



Crackers



Water

Legumes, fish, seafood, eggs, poultry and meat



Finely chopped chicken



Lentil curry



Tuna



Boiled egg



Squashed baked beans



Hummus

Children can choke on food at any age, but those under five are at higher risk (especially children under three).

See **Ministry of Health: Reducing food-related choking for babies and young children at early learning services.** Visit Health.govt.nz