



Fun food ideas

Making lunch and recess more appealing for your child



NSW public schools are embracing the Fresh tastes @ school program for healthy school canteens. School canteens now have yummy wraps, focaccias, noodle and rice dishes.

Here are some ideas to make recess and lunch more likely to be eaten.

- Try to involve your child in selecting what to pack in their lunch box.
 - Pack recess (or fruit break) and lunch separately
 - Try to add variety. No one likes to eat the same thing every day
 - You can get variety in bread by using wraps, pita bread, focaccia, and a variety of bread rolls
 - Some healthy snacks include dried fruit, popcorn, pretzels, yoghurt, scones and pikelets
 - Carrots, cucumber and celery cut in strips can be dipped in various healthy dips for snacks
 - Keep treat foods, such as chocolate, chips, energy bars and cakes to an occasional lunchbox item
- You can use left overs from the night before, such as sausages, pizza, quiche and rissoles
 - Foods stay fresher and tastier if they are individually wrapped – waxed paper is easier for children to unwrap than cling wrap
 - Keep it simple. Even with good intentions, it is easy to pack too many food choices and too much food
 - Children are likely to choose the easy foods first and may not end up eating their 'proper' lunch
 - Provide portions that are small enough for your child to eat
 - If your child hasn't finished everything, find out why and try to address this when you pack lunch the next day.

Be aware of anaphylaxis

There may be students at school that have a severe allergic reaction to nuts or other foods which may even be life threatening. We may discourage the use of peanut butter or other foods for this reason. So please check with the school office or watch the newsletter to find out more.

Water wisdom

Water is the best thirst quencher. Soft drinks and juices are not encouraged at school as they contain sugar. Children are encouraged to drink water through the day at school. Please supply your child with a drink bottle so that they can fill it throughout the day. This can be frozen overnight to keep it cool.

For more ideas go to

www.healthykids.nsw.gov.au