



Healthy Hints for Parents - Part 9

School Lunches – On the Run!

To all School Health Coordinators & Parents

This is part 9 of a series of 10 articles on how to encourage your children to eat healthy compliments from Kidz Bodz. If you would like these emailed directly to you every Monday please call 1300 73 11 49 or send your request via the Kidz Bodz web site @ www.kidzbodz.com.au
Our booking package is now available. You can download a copy from our web site or call 1300731149 and we will send you one.

While this idea may involve a little extra organisation on the weekend it makes lunch box preparation during the week a breeze and will do wonders towards encouraging your kids to want to eat their lunch each day:

Cooking and preparing food is “in”. People like Jamie Oliver, Stephanie Alexander and Donna Hay have made the kitchen a very fun, interesting and accepted place to be for kids. (Just ask my 12 year old who is driving me mad in the kitchen – I just let him go, mess and all, & now he is actually really good and prepares meals for our huge family on a regular basis)

So why not let the kids make their own sandwiches for the week on the weekend. First help them make a list of preferred healthy sandwich fillings and place it on the fridge for easy reference. They can then choose foods that they have pre selected to make their sandwiches & freeze them so they can be quickly packed into their lunch box each day. They will like them because they created them themselves with foods they like – this is a winner.

Let them do a bit of baking also. Muffins are quick and easy to make, can be filled with healthy ingredients and can be wrapped individually to pop into their lunches also. (See the easy to make muffin receipt below)

Foods you can freeze:

- All Breads
- Eggs mixed with yogurt or mayonnaise
- Lean ham, beef, turkey, tuna or salmon with all condiments like mustard, pickles, cranberry sauce etc...
- Cheese
- Peanut Butter
- Vegemite
- Baked products like muffins & cakes

Avoid:

- Freezing salad vegetables like lettuce, cucumber, tomato etc. Try putting things like cherry tomatoes, celery sticks or carrots in separate containers so they get their veggie fix
- Gravies, meat with stuffing or sauces

Now it's simple. Make sure the sandwiches & muffins are wrapped individually & the kids can grab their very own sandwich & muffin straight from the freezer each morning. Add one or two pieces of fruit from the bowl and they're ready to go!

Simple Muffins:

2 Cups wholemeal self-raising flour

½ cup of brown sugar

65g butter

2 eggs

1 teaspoon vanilla essence

½ cup regular milk, soy or rice milk

200mls plain yogurt

Canola oil spray

Select own style of muffin by adding any of the following;

1 cup of chopped strawberries

1 cup of blueberries

1 cup of chopped canned peaches or any other soft fruit

1 cup of grated carrot and 1 cup of sultanas

Place the melted butter and all other ingredients in a bowl. Mix to remove all lumps, but don't over mix. Spoon into a non-stick muffin tin lightly sprayed with canola oil and bake for 20 – 25 minutes. Allow to cool for 10 minutes then remove from tin. Once they are cooled completely enjoy or wrap individually and freeze ready for lunches throughout the week.

If you would like your school to participate in the Kidz Bodz Healthy Eating education program just go to our web site and download our booking information pack

www.kidzbodz.com.au