

# SOME IDEAS!

## APPLE ROLL

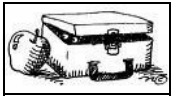


### Ingredients:

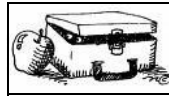
- One 8-inch cinnamon-flavoured flour tortilla
- 1 to 2 tablespoons cream cheese
- 6 thin apple slices

### Instructions:

1. **Spread tortilla** with cream cheese. If cinnamon-flavoured tortillas are not available, use a flour tortilla and sprinkle with cinnamon over the cream cheese.
2. **Top cream cheese** with apple slices and roll up



If you have any ideas, please send them into the office!



## VEGGIE WRAP



### Ingredients:

- One 10-inch flour tortilla
- 2 tablespoons shredded cheddar cheese
- 1/2 cup cut-up vegetables
- 1 tablespoon ranch salad dressing

### Instructions:

1. **Personalize** wraps with your favourite vegetables -- broccoli, zucchini, or even cooked green beans.
2. **Layer vegetables** and cheddar cheese on tortilla.
3. **Top** with ranch salad dressing and roll up.



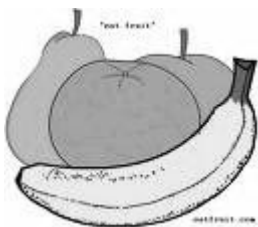
## LADBROOKE JMI SCHOOL

presents

## *What's in Your Child's Lunchbox?*

Autumn 2009

Healthy Eating Initiative



A healthy lunchbox should help improve your child's attention, behaviour and learning throughout the day and into the afternoon. It should provide one third of your child's daily requirements of nutrients



#### TOP TIPS!

- **Always include a sandwich** - but don't forget that instead of sliced bread you could use wraps, ciabatta, rolls, pitta breads etc. Try to use wholegrain bread, which will provide fibre and help your child feel full. If your children aren't used to eating wholegrain bread, use softgrain bread initially, and gradually change over to the wholegrain bread. If your child does not like sandwiches, how about breadsticks and dips, a rice/pasta salad or crackers and cheese
- **Try to include a piece of fresh fruit**, carton of fruit juice, dried fruit, chopped fruit or even a bottle of fruit smoothie as much as possible to help your child get their "5 a day".
- **Vegetables** can be sneaked into the lunchbox in many forms - add a bag of carrot sticks or baby tomatoes, grated carrot and use in sandwich fillings or add sweetcorn to tuna. Cut-up vegetables sticks can dry out, so it's a good idea to wrap them in some damp kitchen paper to retain moisture.
- **Include your children** in the grocery shopping and let them choose foods that are part of a healthy diet. If possible, stay out of the way of temptation - skip the aisles that house sweets, biscuits and fizzy drinks.
- **At home include the children** in their lunch preparation. Take into account their tastes and let them select one new fruit and vegetable to try each week.
- **Keep it simple.** Avoid messy mushy food which may turn your child off their food. If a sandwich filler makes the bread mushy before it is eaten wrap the filler up in tinfoil so it can be added when needed.
- **Keep it small.** Ensure food is manageable for little hands. Cut apples and carrots into slices. Cut sandwiches into four pieces. Small snacks such as raisins or mandarins are easy to manage as they are.

- **Cut down on salt.** Children tend to consume too much salt in their diet. Many manufactured foods made especially for lunchboxes, such as cheese strings, processed ham and cheese lunch packs and crisps, are very high in salt. Eating foods that contain potassium (such as bananas and dried apricots) helps balance the effect of salt in the body.
- **Build on your child's tastes.** Communicate with your child and ask them what they enjoyed in their lunchbox. Look at what comes back untouched and ask (without being defensive) why it wasn't eaten. Ask if there are any foods that other children bring to school that they would like to try.
- **Keep food warm.** It's a good idea to include something hot in a lunchbox, particularly when the weather is cold. A wide-mouthed mini-thermos flask would be ideal for serving up a delicious cup of homemade or good-quality bought soup that's both warming and nutritious.
- **Cut down on junk.** Avoid too many processed foods as they tend to contain few nutrients and too much salt, sugar, additives and saturated fat. If your child likes crisps but you don't want him to fill up by eating a whole bag, put some in a small bag or wrap some crisps in foil.
- **Add a personal touch.** Tuck a surprise like a note, stickers or joke in your child's lunchbox or hide a special treat at the bottom. Pack fun napkins, decorate lunch bags with stickers, draw a face on a banana with a marker pen or cut sandwiches into novelty shapes using cookie cutters.

DO YOU HAVE ANY TIPS YOU CAN SHARE WITH OTHER PARENTS?  
IF SO SEND THEM INTO THE OFFICE AND WE WILL PUT THEM IN  
A NEWSLETTER!