



***Be advised that some children have nut allergies. If your child is in a class with a child who has a nut allergy, no nuts should be taken to school. (Jun Infants, Rm 1, 2010-11)***

## ***Lunch Box Ideas***

**Carbohydrate** – wholemeal bread, tortilla, rice cake, oat cake, wheat pancake, wheat crackers, rivetas, wholewheat pasta (as a salad?), soda bread, pitta bread, pretzels

**Protein** – hardboiled egg, tuna, almond butter, peanut butter, cheese, yogurt, cottage cheese, hummus, cream cheese, chicken (use leftovers from roast), turkey, ham, pecan nut butter, cashew nut butter

**Good fats** – olives (black or green), cashews, peanuts, almonds, Hellmann's omega 3 light mayo, avocado, walnuts, salmon

**Fruit** – apple, pear, grapes, plums, strawberries, berries, cantaloupe, raisins, dried apricots, dried cranberries, banana, and oranges (peeled)

**Vegetables** – cucumber, tomato, carrot sticks, celery, lettuce

**Hydration** – water or milk

Water – body is 60% water!!! Sodas and sugary drinks rob the body of minerals and are 'negative' for hydration. They also cause a huge spike in blood sugar levels.

## **Sandwich ideas**

Peanut butter and banana

Chopped hardboiled egg with mayo

Tuna and sweetcorn

Ham and cheese

Cream cheese and cucumber

## **Easy Granola Bars** – from allrecipes.com

3 cups/ 245g quick-cooking oats

1 can sweetened condensed milk

2 tbsp/30g butter, melted

1 cup/75g flaked coconut

1 cup/95g sliced almonds

3/4 cup miniature semisweet chocolate chips

1/2 cup/ 60g sweetened dried cranberries or raisins

Note: you can add any combination of dried fruit, nuts, pumpkin seeds and sunflower seeds.

Add wheat germ for extra nutrients!

Preheat oven to 350 F/175C. Grease a 9x13in pan

Mix all the ingredients together in a large bowl, then press flat into pan

Bake for 20 to 25 minutes – the longer they are in, the crunchier they will be. Lightly browned edges gives moist, chewy bars. Let cool, then cut into squares. Store in airtight container.

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### **Example Lunch Box - 1**

Hardboiled egg and mayo in a tortilla wrap

Peanut butter and jam (St Dalfour's isn't made with sugar) on wholemeal bread

Small box raisins

Small container mixed nuts – cashews, peanuts, almonds

Sometimes he wants olives instead

Small pot yogurt

Water

### **Example Lunch Box - 2**

Rice cakes with small container of hummus

Small box raisins

Small pot yogurt

### **Healthy Snack replacements**

Crisps => oatcakes, pumpkin seeds, roasted nut/snack mix, plain popcorn

Biscuits => fruit and nut bars or sweet oat cakes, crackers and cheese, apples with peanut butter

Sweets / Chocolate => fresh fruit (apple, pear, peach, plum), dried fruits, strawberries or berries dipped in a small amount melted chocolate

Ice cream => homemade ice lollies (frozen apple juice for example), frozen fruit cubes

Sugar => Xylitol, a natural sweetener, doesn't upset blood sugar or cause tooth decay, tastes like sugar

### **Trail Mix**

Almonds, cashews, hazelnuts, macadamia nuts, walnuts, pumpkin seeds, sesame seeds, raisins, dried cranberries

These ingredients can be purchased prepackaged and without salt at ALDI, and combined together in an airtight container. Keep on hand for the munchies for a satisfying snack.

### **Foods to limit**

Highly processed, sugary, fatty and salty foods should only make up a very small part of your child's diet. Foods to limit in everyday school lunches include:

- Processed foods such as salami, pressed chicken
- Chips, sweet biscuits, and muesli bars and breakfast bars
- Fruit bars and fruit straps
- Sweetened juices and soft drinks

### **Getting children to eat new foods**

- It takes 20 times to make a new habit
- 'Do it yourself' meals are more fun
- Try 1 bite
- Get involved in making the meal
- Presenting a food multiple times, regardless of whether its eaten or not

**Many thanks to Lynn for giving us great lunch ideas!**