



## Healthy Lunch Box Challenge

August 2012

Hooray for the upcoming last month of winter! Winter is my least favourite season of the year and I am very happy we are two thirds of the way into it already. I haven't been feeling altogether motivated, to be quite honest, but things are about to change... The jasmine is out and that's a FABULOUS sign.

### LUNCH BOXES

#### Food Flask

One of our readers, Lisa, e-mailed me and told me about the Food Flask – oh my word, it's lovely. It will keep soup or pasta warm or cold for the morning. Fabulous for the car and for taking hot soup to school.

I found this awesome blog, Planning with Kids, the other day. This woman has some great ideas and I am going to share them with you:  
[www.planningwithkids.com](http://www.planningwithkids.com).

### THE SCHOOL LUNCH PROCESS

If you have been in the school routine for more than a year, like me you probably have a routine or process that you follow which takes some of the hard work out of making the school lunches. If this is your first year into the school routine, you might like to think about making one. School mornings can be stressful if there is too much to do; making the school lunches into an easy job can help things run more smoothly.

#### Establish how much food is required

Through trial and error, I have worked out how much food my children need to get them through the day. You will soon figure this out.

## **Create a template for school lunches**

Well, I have created the Healthy Lunch Box template for you, but here is this lady's suggestion:

- 1 sandwich or 1 wrap
- 1 whole piece of fruit – apple, banana, mandarin or pear
- 1 piece of veg – carrot, peppers, cucumber, celery, etc
- 1 container fruit pieces – strawberries, grapes, watermelon, berries, melon, etc
- 1 home baked treat – muffin, biscuit, slice of cake, etc
- 1 selection of crackers – rice crackers, shapes, organic corn chips, etc, OR
- 1 selection of dried fruit – apricots, sultanas, sunflower seeds, etc, OR
- 1 selection of dry cereal – weetbix crunch, sultana bran, mini wheats

Once I have included the 6 or 7 items in each lunch box, I know that there is enough food for each child and mix of the appropriate food groups.

## **Prepare as much as you can the night before**

Lots of the preparation for the school lunches can be completed the night before.

- Cut up fruit and veg and store in fridge. I find that watermelon, rockmelon, strawberries, etc, can be cut the night before and placed in airtight containers until the morning.
- Cut up fresh ingredients for sandwiches, if required. I like to make fresh sandwiches every day, purely as personal preference. I will often grate carrot, shred lettuce, slice tomato, etc, the night before so that I can just place the ingredients into the sandwich in the morning.
- Make up cracker, cereal or dried fruit packs.
- Wrap up cake or muffins and place in lunch box.

## **Have a regular baking day(s) for treats for school lunches**

I have found that having a regular baking day helps make sure that there is a home-cooked treat in the children's school lunches. Throughout most of the year I will have two baking days:

1. Sunday evening, which I do quickly by myself.
2. Weekday afternoon when one of the kids is at home.

Enjoy the recipes for August, and get your children involved in our wonderful classes and parties nationwide. Visit our website ([www.littlecooksclub.co.za](http://www.littlecooksclub.co.za)) for details on a franchise in your area.

Warm regards,

Christine Phillips

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Let me know what topics you would like to discuss around food and children.