



## Healthy Lunch Box Challenge

June 2012

Brrrrr, winter means time to say goodbye to salads and give a warm welcome to comforting soups. All we really want in winter is something warm and tasty. It makes us feel happy while shivering at our cold desks. SO, we have to think smart and carefully about what we are eating to avoid reaching for a quick fix. This is where mom steps in. Yes moms - back into the kitchen you go for the sake of the kids - homemade is better, healthier and cheaper.

Make homemade rusks, health bars and biscuits to warm the home up or try making homemade bread. Get the kids to help, keeping them busy, with tummies full and satisfied as your wonderful cosy home becomes full of delicious aromas. This month's recipes will get you there.

It's really difficult to come up with inspiring lunch box ideas for winter, but I have a few basic tips to help out this month.

### LUNCH BOXES FOR WINTER

#### THERMOFLASK

Invest in a good Thermoflask, as you can use it for a variety of things this winter – make sure it does not leak.

- Warm hot chocolate, Milo, Horlicks, tea on a cold winter's morning when you drop your child off early at school.
- Leftover soup from the night before that your child can just sip on during school in the morning. These soups are obviously smooth soups like Tomato soup, butternut & sweet potato, potato & leek, carrot & orange.
- If your child is sick this winter then send them to school with some freshly squeezed lemon & honey in the flask, this will ease the cough and chest.
- Smoothies – if you are in a rush in the morning make a smoothie and your child can drink that on the way to school. This is always a fabulous way to get the fruit in for the day.

Here are a few of my favourite recipes, I can't remember where they came from but they are so delicious – adapted for children. Enjoy!

## ON THE SHELVES

Nothing. I haven't found anything worth mentioning – nothing new and healthy, sad to say. This is why it's best to get back to the basics and make from scratch at home.

## GET YOUR FRIENDS & SCHOOL INVOLVED, AND GET THEM TO REGISTER

Pass this on to all your friends and encourage them to join. We'd also love to hear your healthy lunch box stories, which we will share on our website.

Enjoy the recipes for June, 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  
[headoffice@littlecooksclub.co.za](mailto:headoffice@littlecooksclub.co.za) (for anything you want to share)

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