



## Healthy Lunch Box Challenge

April & May 2012

Well, the weather is starting to turn rather rapidly and I would think it's the last month we will really feel like eating a salad. So let's enjoy them now before we start on the comfort food – I'm already giving the lettuce leaf the "look" ☺. So my plan is to come up with some great warming lunches for our kids this winter.

Let's be honest, preparing lunch boxes are a pain. Here is my tip: Be smart with planning and start with your dinners. Certain things you have for dinner can totally be used in lunch boxes for school, or hubby the next day. So when preparing your meals maybe make a little extra so there will be some for the next day.

### LUNCH BOX PLANNING

#### THINK - LEFTOVERS

What to cook and use as leftovers for lunch boxes, camping or picnics:

1. **Roast chicken.** We have a large family so when we do a chicken we actually cook two on the Webber and the other one gets chopped up and used for the following:
  - Chicken & mayo sandwiches or toasted sandwiches'
  - Thai Chicken & peanut salad
  - Wraps
  - Chicken & leeks pie
  - Just on it's own with a little mayo
2. **Meatballs.** After a delicious dinner of Spaghetti and meatballs. The next day you can use the meatballs in the following way:
  - Cold meatballs with chutney on a health roll
  - A meatball sub on a baguettes after school with a little cheese
  - Mexican meatball salad
  - Meatballs in pita bread with t
  - Meatballs & Hummus
  - Meatballs broken up in a cold pasta salad for lunch

3. **Sausages.** After eating sausages and mash one evening put a few aside and eat in the following way:
- Sliced lengthways with a little chutney or tomato sauce on a sandwich
  - Add to pasta with cherry tomatoes and feta
  - Sliced sausages with some baked beans

## ON THE SHELVES

- John West has some small sachets of Tuna pieces with sweet chilli – it's very easy to empty onto a sandwiches or salad. Available everywhere.
- If you don't have time to make muffins – try the woollies Bran Muffin mix. It's easy to make and an activity for the kids to do after school.
- I tried the Classic Cheese Pillows – a Gluten & wheat free snack from woollies too... very different

## 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 April & May, 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.