



**Little COOKS**  
*Club*



## Healthy Lunch Box Challenge

Firstly, well done to all of you who started 2012 on the right note and registered for the challenge. You are on your way to ensuring a healthier path for your family. Although your kids may resist at first, hold strong and they will soon be won over by the deliciousness of what you have prepared for them. Well done, moms, and keep it up.

I have had some feedback from parents, thank you. Please do feel free to continue to send ideas, thoughts & PRAISE 😊. I'll keep trying to answer specific requests relating to your child's dietary requirements, but if I am not able to please refer to the FAQs below.

I will take the various needs into account as I diligently hunt for healthy products. If you have your own tips to share, please do:  
[headoffice@littlecooksclub.co.za](mailto:headoffice@littlecooksclub.co.za)

### FAQs:

#### Where do we find lunchboxes?

- Any Pick n Pay store or plastic shops nationwide. Look for ones with lots of compartments and that are deep enough to hold fruit.

#### How do we make sure that the food doesn't go off?

Your food will be absolutely fine for the morning at school, unless it is sitting outside in the hot sun. Most children have their lunch boxes in their classrooms, and most lunch is eaten at 10h30 in the morning. You can purchase some great lunch boxes with cooling gels in them. Keep these in the fridge the night before and then the food should stay lovely and cold during the day. They are expensive, but worth the money.

#### Can we make substitutions if my child is allergic, lactose intolerant or just fussy?

If your child doesn't like, or is allergic to something, on the schedule on a particular day, all you need to do is take something else off the list and compensate. The list on the right of each schedule is for that purpose. All children are unique. As long as it's healthy, it's ok.

### What do I substitute for nuts if my child is allergic?

As your child's parent, you know what they are allowed. You can substitute raisins or Babybel cheese (delicious) instead. There are some lovely products from **SAFARI** out there. Try Berry Gems – 65% fruit pulp and juice; it's low in fat and high in fibre.

### What can we substitute for whole wheat bread if my kids have wheat allergies?

Use rye or corn bread, or try rice cakes and oat cakes. Quinoa Salad or cold rice salad is delicious. I have attached a recipe of a rice salad with pistachio nuts and pomegranate seeds. This recipe is great for lunch boxes and can be made the day before.

### GREAT FINDS THIS MONTH:

- I found this product at Pick n Pay called Simply Cereal BALANCE breakfast bars - Apple and Raisin. 95% fat free and actually rather delicious. This would be great to send to school, with a banana and muffin, if they have early morning swimming.
- HEINZ has a product which will be great for sandwiches: Shredded chicken breast in lemon-flavoured mayonnaise. Now this is if you are being lazy one week and haven't put any chicken aside for sandwiches - it's expensive so you wouldn't use it too often.

### Choosing healthy snack bars for your kids:

- Wholegrain
- No trans fat
- Lower fat (definitely less than 10g fat/100g product)
- Lower sugar
- Lower salt
- Fewer ingredients - always remember ingredients are listed from the most to the least

### Lauri's delicious home-made snack bars

1  $\frac{1}{2}$  cup rolled oats

$\frac{1}{2}$  cup assorted nuts and seeds

$\frac{1}{4}$  cup raisins

100g unsalted butter

3 Tbs honey

Mix dry ingredients together

Melt the butter in a saucepan and stir in the honey

Pour butter-honey mixture over the dry ingredients and mix well

Pour onto a baking sheet and press down

Bake at 180°C until golden brown (about 30 minutes)

Cut into rectangles while still warm

Enjoy the summer fruit out at the moment - we have so many options.

On your list, cross out the things your kids don't like and ask them for their input and suggestions as to what healthy food they would rather substitute there. They will soon be able to make the correct food choices.

**GET YOUR SCHOOL INVOLVED** and **GET THEM TO SIGN UP AS A SCHOOL.**

Pass this on to all your friends and encourage them to accept the challenge:

<http://www.littlecooksclub.co.za/healthy-lunch-box-challenge>

We'd also love to hear your healthy lunch box stories, which we will share on our website. Enjoy the recipes for February.

Warm regards,

Christine Phillips

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<http://www.littlecooksclub.co.za>

Send us your success stories for our website.