



Little COOKS
Club



Healthy Lunch Box Challenge

How is this working out for you? Well, from the feedback, even the kids are excited. This month I am going to focus on general snacking for children and adults. The snacks that I suggest on the schedule are for break time during school (normally around 10h30); not for their lunch after school. However, if we get positive feedback from parents – if we are helping you – then we might just do this schedule for breakfast, lunch and dinner, too, in the future.

I know there are many children out there with dietary requirements, but I can't focus on all of them right now. My suggestion is to contact our dietician Lauri (lauri@issies.com), or any other dietician. I would love to, but...sorry about that ☹. I am trying to keep this accessible to as many as possible.

SNACKING

We all snack, whether you are at work, at home or watching television. The key, however, is to make a conscious effort to make the correct food choices. We need to "guide" our child in the right direction here and lead by example. Snacking is fine – it keeps us all going – but make sure it's healthy. The children need their snack at school to give them energy to function and concentrate in class. Now let's see why we snack at other times (for grownups, too):

Snacking Tips

1. Why are you snacking? Are you actually hungry?

Maybe you are just bored, tired, and unhappy, or maybe it's a habit? If you, or your child, are eating emotionally (which most of us do – me included), you need to look at why it's happening and what you can do to solve that problem. There are a lot of children eating emotionally these days, for a variety of reasons: divorce, unhappiness at school, learning difficulties, friend problems, self-esteem issues, and more. As their parent, you will need to help them overcome this and start doing something fun (like exercising together) as "your bonding time", instead of eating.

2. Are you thirsty or tired?

Sometimes children may confuse the signals of hunger for thirst or just being really tired. Make sure they are getting enough water during the day, as well as the recommended amount of sleep for their age.

3. Portion sizes.

Try and find small snacks to share with a friend. Sometimes we just want a taste of something yummy, but need to know when to put the rest away. It's easy to overeat and then feel guilty about it. This is important to teach to your children, as it will help them as an adult.

Portion sizes for children from Lauri, our dietician:

1 portion =

- Protein: meat/chicken – size of the child's palm; fish – size of the child's hand
- Starch: size of the child's fist
- Fruit: size of the child's fist
- Cooked vegetables: size of the child's fist
- Raw vegetables/salad: size of 2 fists

At main meals, lunch and dinner, the plate should always be:

- Half fruit/vegetables
- Quarter the palm/hand size of protein
- Quarter 1-2 fist sizes of starch.

4. Don't skip meals.

When you do, you will then grab the quickest snacks that will probably be high in calories. Don't let your child skip meals; it's your responsibility to feed them 3 times a day 😊.

GREAT FINDS THIS MONTH:

The Healthy Plate

This is a sweet find. If are you looking for them, you can order them from their website or through Lauri Isserow (lauri@issies.com).



Slimmer's Choice "Chip" Cassava

Woolies has a Slimmer's Choice "Chip" Cassava out. It tastes rather delicious in a vinegar and lemon pepper flavour. Great for adults at work.

Safari Bites or Gems

If you haven't tried the SAFARI BITES or GEMS yet, you must dash out to buy. My kids love them, and so do I. Available at Pick n Pay.

CRUNCH COMBINATIONS IN YOUR LUNCH BOX

- Cheddar cheese and an apple
- Cheddar and gherkins
- Peanut butter and bananas
- Snap peas & feta
- Baby carrots
- Broccoli & cream cheese
- Mozzarella & cherry tomatoes
- Yoghurt, muesli and honey
- Raisins and apples
- Pickled onions and Edam
- Sunflower seeds over salads
- Pear, Apple & parmesan

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 March, and get your children involved in our wonderful classes and parties nationwide. Visit our website (www.littlecooksclub.co.za) for details on a franchise in your area.

Warm regards,
Christine Phillips
headoffice@littlecooksclub.co.za (for anything you want to share)

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