



HEALTHY LUNCH BOX CHALLENGE

AUGUST / SEPTEMBER 2013

This month I would like to focus on bread-free lunch boxes. My one daughter hates bread and I always find it such a challenge to decide on what I will put into her lunch box, which will still fill her up for the day. Three children with different tastes – yikes, these lunchboxes are a nightmare.

BREAD SUBSTITUTES

- Rye snack bread
- Snack bread
- Provitas
- Wraps
- Wheat-worth's
- Ryvita
- Lettuce / cabbage or spinach leaves
- Rice paper rolls
- Sushi rolls
- Whole-wheat pastas
- Brown rice
- Quinoa
- Couscous
- Brown rice and lentils
- Potatoes

It's also important not to put in any cracker bread; some are very high in sugar.

BUILD A SANDWICH

With all these lovely snack breads, you don't really want to make them beforehand. They will become soggy and lose their crunch which the children enjoy. What I do is put everything separately in the lunch box with a small little butter knife for spreading. Then your child can have fun making it up themselves at break time.





LETTUCE

Lettuce is a great choice as a bread substitute. Choose large leaves of lettuce and spread it with any condiments you're using. Add the meat and/or cheese and roll it up, similar to a sandwich wrap.

All the pastas and rice dishes can be made in advance.

I will be attaching some healthy recipes that can be used in your lunch boxes instead of bread and can also be enjoyed at night for dinner.

FROSTING AND FONDANT CAKE DECORATING COMPETITION

Don't forget to visit our website for the Frosting and Fondant Cake Decorating Competition for children aged 5 – 15 years. Great fun for the holidays! <http://www.littlecooksclub.co.za/competitions/frosting-and-fondant>

Warm regards,

Christine Phillips

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