



Nourishing Futures with Better Kai

FEATURING

RECIPES • LUNCHBOX TIPS • FUN WITH FOOD AND MUCH MORE!

Kia ora,

Happy toddlers and young children need the right nutrition for growth and development.

This booklet will help you with all things nutrition for your little, setting them up for healthy habits throughout their life. Introducing nourishing foods from an early age encourages children to learn about and enjoy different tastes and textures.

Happy creating and cooking!

**Community &
Public Health
West Coast**

a division of
Canterbury District Health Board

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Number of daily serves

Breads & Cereals	Fruit	Vegetables	Milk	Meat, fish, egg, beans, lentils
Starchy Carbohydrates/wholegrains <i>Aim for 4 serves each day</i> <ul style="list-style-type: none"> 1 slice wholemeal bread 1 small bread roll 1 crumpet 1 Weetbix ½ cup porridge 1 cup cooked rice, pasta or noodles 1 pikelet 2-3 water crackers 1 cup cornflakes 1 cup rice bubbles 1 hot cross bun 1 medium potato or kumara 	A good way to measure serving size is to use your toddler's fist as a guide <i>Aim for 2 serves each day</i> <ul style="list-style-type: none"> 1 pear, apple, orange 2 small apricots 2 small plums 2 small mandarins Childs handful berries 1 banana ½ cup fruit salad 1 small box raisins 	A good way to measure serving size is to use your toddler's fist as a guide <i>Aim for 2-3 serves each day</i> <ul style="list-style-type: none"> 1 medium carrot or parsnip 1 cup spinach or silverbeet 1 tomato ½ cup cooked vegetables ½ cup salad 	For cheese - if you're unsure how much to serve, use your toddler's two thumbs as a guide <i>Aim for 2-3 serves each day</i> <ul style="list-style-type: none"> 1 cup reduced fat milk* 1 pottle yoghurt 2 slices cheese ¼ cup custard 	For meat, fish, chicken, use your toddlers palm of hand as a guide <i>Aim for 1-2 serves each day</i> <ul style="list-style-type: none"> 100g red meat 100g fish ¾ cup baked beans 1 egg 110g cooked skinless chicken 2 chicken drumsticks ¾ cup mince ¾ cup casserole 2 tbsp peanut butter

* Infants aged 12 months - 2 years old require standard whole milk (blue top)



A healthy plate

The plate model illustrates a balanced plate with lots of different nutrients.

- Fill half the plate with non-starchy colourful vegetables (e.g. cauliflower, silverbeet, carrots, tomatoes, salad, broccoli)
- Allow quarter of the plate for protein (e.g. lean meat, chicken, seafood, eggs, tofu, beans, lentils)
- Allow quarter of the plate for starchy carbohydrates: vegetables/wholegrains (e.g. potatoes, rice, kumara, corn, pasta, yams, couscous, bread, taro or parsnips)
- Try to purchase reduced salt versions of stocks, baked beans, no added salt tinned beans etc. Some brands also offer a no added sugar variety - look out for these as they often do not cost more

Handy basics to have in your pantry or vege garden

RICE

CINNAMON

PASTA

MIXED SPICE

FLOUR (WHOLEMEAL AND PLAIN)

GINGER

ROLLED OATS

CURRY POWDER

CORNFLOUR

PAPRIKA

BAKING POWDER

CHILLI POWDER

BAKING SODA

MIXED HERBS

IODISED SALT AND PEPPER

YOGHURT MAKER (E.G. EASIYO)

SUGAR

CUSTARD POWDER

VANILLA ESSENCE

VINEGAR

SOY SAUCE

WORCESTERSHIRE SAUCE

COOKING OIL (RICE BRAN OR CANOLA)

TINNED FISH

TINS BAKED BEANS AND SPAGHETTI

TINNED TOMATOES

TINNED CORN

TINS BEANS/LENTILS

TINNED SOUP

MILK POWDER

WHOLEMEAL BREADCRUMBS

VEGETABLE STOCK

WEETBIX

EGGS

SULTANAS/RAISINS

POTATOES

ONIONS

FROZEN PEAS/CORN

FROZEN SPINACH

CARROTS

A formula for a good breakfast:

SOMETHING
FILLING

+

SOMETHING
LASTING

+

SOME
COLOUR

1.

Wholemeal
Toast

+

Boiled egg

+

Tomato

2.

Weetbix

+

Milk/Yoghurt

+

Banana

3.

Wholemeal
Toast

+

Baked Beans

+

Orange

4.

Porridge

+

Milk

+

Tinned Fruit

5.

Wholemeal
Toast

+

Peanut Butter

+

Banana

6.

Rice

+

Chicken

+

Mixed Veges

7.

Wholemeal
Toast

+

Hummus

+

Avocado

8.

Oats

+

Yoghurt/milk

+

Fruit

9.

Wholemeal
Toast

+

Marmite/
Cheese

+

Piece of Fruit

10.

Wholemeal
Toast

+

Cheese

+

Tomato

How to build a healthy lunchbox

Bready/Grainy/ Starchy	Fruity/Vege	Milky/Cheesy	Meaty/Beany/ Eggy
<ul style="list-style-type: none"> • Leftover pasta • Leftover rice • Pikelets • Mini savoury muffins • Scones • Bread cases • Baked potato • Sandwiches • Leftover noodle dish • Rice crackers • Pita pockets • Corn cakes 	<ul style="list-style-type: none"> • Carrot sticks • Broccoli “trees” • Leftover roast vege • Corn fritters • Cut up fruit • 1 tbsp dried fruit • Cucumber sticks • Bobby bananas • Cherry tomatoes (in season) • Celery sticks • Lettuce (in sandwich) • Mixed vegetables in pasta, rice, stirfries 	<ul style="list-style-type: none"> • Yoghurt • Cubes of cheese • Plain milk to drink • Grated cheese • Fruit smoothie • Custard 	<ul style="list-style-type: none"> • Boiled eggs • Frittata • Baked beans in bread cases • Left over stir fry • Left over dinner dishes • Hummus to go with crackers or vege • Grilled falafels • Meatballs or Rissoles • Tinned fish • Tofu • Lentils with rice • Chickpeas • Chicken and meat pieces • Nut butters (check your Centre’s policy)

How can I make my child's lunchbox healthy and cheap?

MENU ONE:

Pasta	= 79c per 500g packet 10 serves for a little person	} 8c / serve
Carrot Sticks	= \$2.39 for 8 carrots (kg) 16 serves	} 15c
Bobby banana	= \$3.49 for 7 bananas	50c / banana
Fruit/Plain Yoghurt	= \$3.79 per 6 pack or 1L Plain 6 serves	} 63c
Kiwifruit	= \$1.89 for 7 kiwifruit 7 serves	} 27c
Total for this lunchbox		\$2.35

MAKE THIS
GLUTEN FREE
BY USING GF
PASTA



If you were to add a little grated cheese and some tinned tomatoes, this would make the pasta more interesting.

MENU TWO:

Bread cases	= \$1 loaf bread 20 slices = 5c per slice	} 2 cases in one lunchbox 76 cents
	\$1.29 can corn 10 serves = 13c per case	
	Tablespoon grated cheese approx. 20c per case	
Bobby banana	= \$3.49 for 7 bananas	50c / banana
Boiled egg	= \$2.99 per 12 eggs	25c / egg
Celery sticks	= \$2.99 per packet 10 serves	30c / serve
Total for this lunchbox		\$1.81

MAKE THIS
GLUTEN FREE
BY USING GF
BREAD



Swap celery for carrots use a cheaper fruit such as kiwifruit in winter season)

Prices as of 30/4/2017

MENU THREE:

Rice crackers	= \$2.49 per packet 5 serves	} 50c / serve
Fruit yoghurt	= \$3.79 per 6 pack 6 serves	} 63c
Steamed broccoli	= \$1.49 per head 3 serves	} 50c
Kiwifruit	= \$1.89 for 7 kiwifruit 7 serves	} 27c
Boiled egg	= \$2.99 per 12 eggs	25c / egg
Bobby banana	= \$3.49 for 7 bananas	50c / banana
Total for this lunchbox		\$2.65



Swap broccoli for carrots or a cheaper vegetable or fruit.

MAKE THIS
GLUTEN FREE
BY USING GF
CRACKERS



MENU FOUR:

FIND THIS RECIPE
ON PAGE 20

Homemade muesli slice		31c / serve
Fruit yoghurt	= \$3.79 per 6 pack 6 serves	} 63c
Carrot sticks and hummus	= \$2.99 for tub hummus 5 serves	} 60c
	= \$2.39 for 8 carrots (kg) 16 serves	} 15c
Kiwifruit	= \$1.89 for 7 kiwifruit 7 serves	} 27c
Bobby banana	= \$3.49 for 7 bananas	50c / banana
Total for this lunchbox		\$2.46

MAKE THIS
GLUTEN FREE. USE
GF INGREDIENTS TO
MAKE MUESLI
SLICE



Prices as of 30/4/2017

Sandwich filling ideas

Sandwiches are a quick, easy and delicious addition to the lunch box. Whole meal or multi-grain bread is the best choice, as it provides a good source of fiber. Alternatively, wholegrain wraps, rolls or pita breads can be used. Sandwiches can be made the night before and stored in the fridge overnight.

Please check your child's preschool/ kindergarten/playcentre guidelines on foods that may cause allergic reactions for other children.

- Banana and peanut butter
- Canned fish with tomato or cucumber
- Grated cheese, onion and a teaspoon of mayonnaise
- Grated cheese, lettuce and a teaspoon of mayonnaise
- Cold meat, pickle, sliced salad vegetables (e.g. tomato, lettuce etc)
- Cold meat and chopped fresh herbs (e.g. mint, parsley)
- Cream cheese, mixed herbs, sliced tomato and cucumber
- Chicken, sliced celery and a teaspoon of mayonnaise
- Grated apple, chopped raisins and peanut butter
- Low fat ham, sliced tomato and lettuce
- Mashed egg
- Mashed avocado and lean ham/other cooked meat
- Peanut butter with grated carrot and apple
- Marmite/Vegemite and cheese
- Jam and cheese
- Grated carrot and cheese
- Lettuce and Marmite
- Cheese and relish
- Lettuce and tomato
- Lettuce, avocado and tomato
- Lower fat varieties of cheese are recommended (such as edam or cottage cheese)

Alternatives to Sandwiches

Sandwiches are a typical lunchbox filler- but there are other great options too! If you run out of bread, or prefer to make something else there are plenty of great options for everyone.

- Left over roast vegetables
- Left over rice or rice salad
- Pasta or pasta salad
- Left over macaroni cheese (see recipe)
- Mini frittatas
- Sushi
- Savoury scone
- Wholegrain crackers and hummus
- Rice or corn cake with toppings
- Fruit bread sandwiches
- Hot cross bun
- Couscous
- Mousetraps
- Left over baked potato
- Leftover homemade pizza
- Soup in flask
- Left over stir fries/noodle dish

Making food fun!

Taking a little time to make food fun (and about learning) can make a huge difference when it comes to trying new foods and eating vegetables. Here are some ideas:

COLOUR

Bright, colourful vegetables are more appealing to children. You could encourage them to “eat a rainbow” every day of different vegetables.

- Come up with interesting names for food based around what your child loves
- For example broccoli could be jungle trees, grapes could be alien heads, bananas could be monkey sticks
- Make it easy for your child to choose the healthy option. If fruit is peeled and cut it can be more appealing to them to eat as it is easier. It is important our littlies learn to peel their own mandarins etc, but a helping hand could make all the difference
- Involve them in food selection and preparation. This doesn't mean letting your child have total control over what they eat, but giving them choices such as “would you like carrot sticks or celery today?”, Marmite and cheese in your sandwich or carrot and cheese? Yoghurt or a boiled egg? Letting your child stir something or add some salad ingredients makes them feel included and more likely to eat it
- If you can, try growing something in your garden and involve the children in watering the plant, watching it grow and picking it to eat. Even if it is one lettuce plant or a herb in a pot
- Make it educational. Talk about colours and how the foods help, for example “carrots are good for our eyes”

BUGS ON A LOG

- Celery sticks
 - Cottage cheese, peanut butter or light cream cheese
 - Raisins
1. Fill celery sticks with cottage cheese, peanut butter or light cream cheese
 2. Put raisins on top (the ‘bugs on a log’)

MONKEY ROLLS

- 1 slice wholemeal or whole grain bread
 - 1 tbsp peanut butter or cottage cheese
 - Half banana
1. Spread peanut butter or cottage cheese on bread
 2. Place banana on one side of bread and roll up tightly
 3. Cut into 3-4 slices

How to make healthy party food

- Funny fruity faces - cut up fruit and vegetables in geometric shapes that can be used to create faces on a solid colour paper plate. Add cheese slices so the kids can really get creative. Give a prize to the child who turns their birthday party snack into the funniest fruity faces
- Chop up kiwifruit, apples, pears, oranges and strawberries into bite size pieces and let the kids make their own fruit kebabs – you can have dipping sauce too – yogurt works well
- Dice or grate carrot, courgette, potato, onion and corn into savoury muffins
- Fill vegetarian sushi with avocado, finely sliced carrots, red peppers, cucumber and silverbeet
- Fruit platters work well at any party chopped pineapple, orange wedges, grapes, bananas, strawberries or any fruit that is season
- Bake apples, pears or bananas for a healthy dessert
- Make smoothies by blending berries, bananas or oranges with milk, yogurt and ice cubes
- Decorate the birthday cake with chopped plums, strawberries and blueberries
- Vegetable platters work well for the parents cut up carrot, courgette, red and green peppers and celery sticks and serve with hummus or salsa
- Healthy Ambrosia, mixed chopped fruit and berries with yoghurt and a few marshmallows

CORN AND CHEESE 'ROLL UPS'

- 10 slices wholemeal or wholegrain bread
 - 1 can creamed corn
 - ½ cup celery, red pepper, mushrooms or any other vegetable, finely diced
 - 1 cup edam cheese, grated
 - Cut the crusts off three sides of the bread
1. In a bowl mix the corn, the other vegetables, and half of the grated cheese. Spread the mixture over the bread slices. Roll up each slice (leaving the crust edge on the outside) and place in a lightly oiled baking dish.
 2. Top with the remaining grated cheese and bake in an oven at 160 degrees for 20-25 minutes. Leave for about 10 minutes before serving as the filling will be very hot.

How do I manage my picky eater?

- Aim to eat meals at a regular time when your child is not over-tired
- Keep meal times positive
- Eat kai as a family
- Avoid distractions – TV off
- Make sure your child can reach the table
- Make it an expectation everyone at the table tries a little of everything on their plate – don't make a big issue if they don't, it can take up to 15 times before our taste buds accept new flavours
- Set a good example; children watch adults' eating habits closely
- Try not to discuss likes or dislikes in front of children. Negative attitudes towards certain foods are often taught from adults
- Give food superhero names - Spiderman spaghetti
- Talk about what food helps with - fish will make you super clever, carrots help you see in the dark, green veggies make you super strong
- Create recipes where you can blend in vegetables such as tomato sauce for pasta dishes, casseroles, quiche, pizza toppings etc- if they don't like veggies cooked try offering these raw
- Try it raw. Raw veggies and dips in middle of table for your child to help themselves once dinner is served
- Grow own small veggie garden
- Let them pick herbs or veggies out of the garden
- Point out interesting fruit and veggies at the supermarket and let them choose one to take home
- No need to make separate meals. Try including at least one thing your child will eat
- If your child isn't eating their food, try offering less on their plate or lunchbox at first

Non food related rewards

Using food and drink as a reward to comfort or distract can encourage children to rely on food to deal with emotions. This can lead to emotional eating and promote unwanted weight gain in adulthood.

- Going to the park
- Extra bedtime story
- Spending the night with friends/ grandparents
- A picnic lunch with family
- Playing a board game
- Trip to the swimming pool
- Trip to the beach
- Bubbles
- New coloring in book
- Build a fort together
- Stickers
- Make some play dough or slime

SLIME

Ingredients:

Cornflour, food colouring and water

What to do:

Pour some cornflour into a mixing bowl

Stir in small amounts of water until the cornflour has become a very thick paste

To make the slime the colour of your choice, thoroughly stir about five drops of food coloring into the mixture

Protecting that beautiful smile

Healthy teeth play an important role in a child's development, helping them to eat and speak properly. Healthy teeth are important for self confidence later in life.

Children in New Zealand are entitled to free basic oral health services until their 18th birthday. It is important to enrol your child as early as possible so that their first check-up can be arranged. This is usually between their 1st and 2nd birthday. You can enrol by calling 0800 825 583 (0800 TALK TEETH).

TEETH FRIENDLY SNACKS & DRINKS:

- ☑ Bread
- ☑ Cheese
- ☑ Vegetables and fresh fruit
- ☑ Unsweetened popcorn
- ☑ Nuts
- ☑ Yoghurt

- ☑ Milk
- ☑ Water

Tips to look after your family's smile:

- Brush teeth twice a day, with fluoridated toothpaste. Fluoride helps to strengthen growing teeth and fix very early stages of decay. Your child will need help and supervision with this until they are about 8 years old.
- Spit, don't rinse after brushing!
- Have regular dental check ups
- Lift the lip every month and check your child's teeth and gums
- Choose healthy snacks
- Drink water and milk
- Limit sugary foods to mealtimes and give only occasionally



Recipes with leftovers

Cooking and preparing extra food can be a great way to save time and be cost effective. Leftover meals can be refrigerated and reheated, or created into something different.

POTATO CAKES

If you have left over mashed potato, kumara or pumpkin this is a great way to make something for snacks or the lunchbox.

- 2 - 3 cups mashed potato/kumara/pumpkin
- ½ cup grated edam cheese
- ½ cup corn kernels (defrosted if frozen)
- 1 egg
- 1 tsp oil
- Optional: frozen peas, spinach
- You may need to add a small amount of whole meal breadcrumbs or flour to firm the mixture for cooking

Combine potato, cheese, corn, and egg in a bowl. Mix well to combine. Divide mixture into eight portions and form into small cakes. Heat a non-stick frying pan over medium heat. Cook for about five minutes each side.

HANDY TIP:

INSTEAD OF USING SPRAY OIL, YOU COULD PUT SOME OIL INTO A JAR AND KEEP A BRUSH ON HAND TO BRUSH ON TO PANS/BAKING TRAYS.

ROAST VEGETABLE FRITTATAS

- Any left over roast vegetables
- Any other vegetables (onion, tomato, spinach, silverbeet, grated carrot)
- Grated cheese
- Eggs
- Things to add flavor - such as a dash of sweet chilli sauce, dried mixed herbs, salt and pepper

Preheat oven to 180 degrees. Spray muffin tins or a cake tin with oil spray to prevent sticking. Whisk the eggs, add the other vegetables (not the roast ones), cheese and any extra flavourings. Distribute the roast vegetables on the bottom, and pour the egg mixture over the top. Bake in oven for 15-20 minutes or until cooked through.

Cooking in muffin tins will speed up the cooking process.

LEFT-OVER RICE PATTIES

- Left-over cooked rice (any quantity)
- Beaten egg (1 per cup of rice)
- Vegetables (either frozen peas/corn, grated carrot or other vegetables)
- Grated edam cheese
- Mixed herbs or any other flavourings

Beat the eggs together and combine all ingredients in a bowl. Use your hands to make patties. Either bake in oven with a little cheese on the top or cook in a non stick pan.

LENTIL PATTIES

- 1 ½ cups dried red lentils
- 2 ½ cups water
- 2 tsp vegetable stock powder
- 1 small onion, finely chopped
- 2 tsp olive oil
- 2 tbsp tomato paste with no added salt
- 2 ½ cups wholemeal breadcrumbs
- 1 grated carrot



In a medium saucepan, add lentils, stock and 1 teaspoon of olive oil. The olive oil will help reduce foam build up when lentils are cooking. Bring to the boil then reduce to a simmer and cover with a lid. Cook for 15 minutes or until lentils are cooked.

In a small saucepan, heat 1 teaspoon of olive oil and sauté onions on a very low heat for 10 minutes. Add this to the cooked lentils along with the tomato paste. Cook for a further 2 minutes. Remove from heat and add breadcrumbs. Mix to combine. With wet hands, shape into 5-6cm patties that are 1.5-2cm thick.

To cook, lightly oil a fry pan and cook patties until golden on each side.

Freeze any uncooked patties separating them with baking paper as you store them.

RECIPES FOR THE Lunchbox AND FOR home





SAVOURY MUFFINS

Ingredients

1 ½ cups self raising flour

1 cup low fat milk

1 egg

1 cup grated cheese

Any other fillings;
a tsp curry powder or
mixed herbs, spinach,
left over roast
vegetables, finely
chopped onion,
capsicum, tomato

Method

1. Mix the dry ingredients, this includes the cheese and savoury fillings. Mix carefully to avoid mashing all the ingredients together
2. Mix the wet ingredients in a separate bowl
3. Mix wet and dry ingredients together
4. Spray muffin tins with spray oil and spoon mixture in
5. Cook at 200 degrees for about 20 minutes



Ingredients

1 $\frac{3}{4}$ cup self-raising flour

$\frac{1}{2}$ tsp baking soda

1 $\frac{3}{4}$ cup baking
bran/bran flakes

1 tsp cinnamon

2 bananas, mashed

1 $\frac{1}{4}$ cup plain unsweetened
yoghurt

$\frac{1}{4}$ cup runny honey (you can
make honey runny by
microwaving it for 20 seconds)

2 eggs

$\frac{1}{4}$ cup vegetable oil

1 tsp vanilla essence

BANANA BRAN + HONEY MUFFINS

Method

1. In a large bowl, mix together flour, baking soda, baking bran/bran flakes and cinnamon
2. In another bowl, mix together bananas, yoghurt, honey, eggs, vegetable oil and vanilla essence
3. Pour the wet mixture into the dry mixture. Stir until just combined. Try not to over mix
4. Spoon mixture into greased muffin tins
5. Bake for 20-25 minutes or until golden and cooked through

FRUIT MUFFINS

Method

1. Preheat the oven to 200 degrees on bake
2. Melt the margarine in the microwave
3. In a bowl, beat the eggs and milk with a fork or a whisk and add the melted margarine
4. Add the sugar, flour, tinned fruit and sultanas. Mix together
5. Grease a muffin tin or use muffin cases. Spoon the mixture into the cases or tin
6. Bake for 20-25 minutes. Leave muffins in their tins for a few minutes before putting them onto a wire rack to cool

Ingredients

- 1 tbsp margarine
- $\frac{1}{4}$ cup sugar
- 2 eggs
- 1 $\frac{1}{2}$ cup low fat milk
- 1 cup raisins or sultanas
- 1 tin peaches (or any other tinned fruit, in juice - not syrup)
- 1 $\frac{1}{2}$ cups self-raising flour
- 1 $\frac{1}{2}$ cups wholemeal flour
- 1 tsp baking powder

Ingredients

- 2 crushed weetbix
- $\frac{1}{4}$ cup brown sugar
- 1 cup rolled oats
- 1 cup wholemeal flour
- 1 tsp baking powder
- 1 cup low fat milk
- 1 cup dried fruit (eg raisins, chopped apricots, dates)
- 1 cup seeds or chopped nuts (pumpkin seeds, sunflower seeds, walnuts)

WEETBIX SLICE

Method

1. Mix all of the ingredients together
2. Press into a tin that is lined with baking paper
3. Bake at 180 degrees for 25-30 minutes or until firm to touch

HOMEMADE MUESLI SLICE

Method

1. Line tin with baking paper. Turn oven onto bake, 180 degrees
2. Beat oil, egg, sugar and milk together until smooth
3. Stir in dates, sultanas, flour, rolled oats, baking powder and cinnamon
4. Mix together
5. Spread into tin
6. Bake for 40-45 minutes or until golden brown and firm to touch
7. Let cool and cut into squares

Ingredients

2 eggs

½ cup oil

¼ cup brown sugar

1 cup low fat milk

½ cup chopped dates

½ cup sultanas

2 cup wholemeal flour

1 cup rolled oats

2 tsp baking powder

2 tsp cinnamon





Ingredients

Spray on cooking oil

1 onion, finely chopped

1-2 cups seasonal vegetables, finely sliced or chopped

1 ½ cups grated cheese

3 eggs

2 tbsp milk

1 cup self raising flour

1 tsp mixed herbs (optional)

VEGETABLE SLICE

Method

1. Lightly spray the baking dish with oil spray
2. Place onion and other vegetables into the baking dishes and scatter with cheese
3. Lightly beat the eggs and milk together
4. Add the self raising flour and herbs and mix well ensuring there are no lumps
5. Pour over the vegetables
6. Bake at 200 degrees for 30-35 minutes until golden brown and set

PIKELETS

TIP...
SUBSTITUTE SUGAR
FOR 1 MASHED BANANA
TO MAKE YUMMY
BANANA PIKELETS!

Method

1. Sift the flours and baking powder into a bowl and make a well in the centre. Whisk together the eggs, milk and sugar
2. Pour the wet mixture into the well and mix slowly. Add the fruit
3. Heat a large non stick frying pan over medium heat and brush with oil. Drop heaped teaspoons of batter into the pan and cook until bubbles appear on the surface, then turn and brown the other side
4. Transfer onto a wire rack to cool

Ingredients

½ cup plain flour
½ cup wholemeal flour
1 tsp baking powder
¼ cup sugar
2 eggs
½ cup low fat milk
Tin of peaches or apples





MEATBALLS

Ingredients

400g lean beef mince
½ onion, finely chopped
1 carrot, grated
1 courgette, grated
1 egg
1 tbsp wholemeal flour
1 tbsp mixed herbs

Method

1. In a large bowl combine all ingredients and mix with your hands to combine
2. Form into 12 meatballs and place on a baking dish
3. Bake at 180 degrees for 25-30 minutes until the meatballs are no longer pink in the centre. You could add a tomato based sauce to this and serve with pasta, rice, potato, kumara or squash into patties for homemade burgers

TIP ...
TO REDUCE COST, MAKE THE RECIPE GO FURTHER AND INCREASE FIBRE. HALVE THE MINCE AND ADD A 250-400G CAN OF DRAINED LENTILS, BEANS OR CHICKPEAS.



Ingredients

CHEESE SAUCE

2 cups trim milk

2 tbsp corn flour

1 tsp mustard

1 tsp stock powder

1 cup grated cheese

MACARONI

2 cups macaroni elbows,
cooked

1 onion, finely chopped and
microwaved until softened

1 cup frozen peas

1 cup frozen corn

¼ cup breadcrumbs

2 tomatoes, sliced (optional)

Shaved ham, sliced (optional)

MACARONI CHEESE WITH PEAS + CORN

Method

1. Turn oven on to 180 degrees bake. Bring water to the boil to cook macaroni and boil until soft to bite. Drain
2. In a pot, mix milk, flour, mustard, stock powder, salt and pepper and whisk to combine. Heat on medium until boiling, reduce heat and simmer for a few minutes until thickened
3. Remove from heat and add half of the cheese, the peas and corn and onion
4. Put cooked macaroni into oven dish and pour cheese sauce mixture over the top. Mix in the shaved ham. Sprinkle with breadcrumbs, tomato and remaining cheese. Cook at 180 degrees for 20 minutes until golden brown and heated through

BREAD CASES

Method

1. Preheat oven to 180 degrees bake
2. Lightly grease muffin tins
3. Press slices of bread into muffin tins (some crusts may need to be cut off to make this easier)
4. Mix together fillings in a bowl and spoon tablespoons of mixture into bread
5. Bake until golden brown and fillings cooked/melted

Ingredients

Wholemeal sliced bread

Fillings - options include:

- Creamed corn
- Spaghetti
- Baked beans
- Left over mince
- Cheese
- Finely sliced vegetables such as tomato, onion, mushrooms, capsicum and celery
- Shaved ham
- Canned pineapple



In a nutshell

1. Aim to incorporate fruit and vegetables into each meal in some way.
2. Water and milk are the best choices of drink for your child. Juice, flavoured milk, cordial and soft drinks are not recommended as they can be high in added sugars.
3. “Eat on your seat and not on your feet.” Aim to have meals as a family where possible and turn off the TV. This is a great chance to catch up with each other and makes meal times a positive experience for all.
4. Children need to eat many different foods to be healthy and to grow and develop. The four food groups are: fruit and vegetables, breads and cereals, milk and milk products and lean meat, eggs, lentils and beans.
5. Encourage children to try new foods but don’t force them if they are refusing certain foods. Research tells us that it can take up to 15 times for a child to accept new foods or flavours.
6. Do the best you can with whatever budget you have. Fresh, frozen and canned fruit and vegetables are all good options. Buying fresh produce that is in season will be cheaper. Adding canned beans to meat dishes will make it stretch much further.
7. Be crafty to minimize waste; for example broccoli stalks can be grated and added to mince, left over roast vegetables can be used with eggs to make a frittata, limp looking vegetables can be used to make a soup.
8. Setting aside an extra ten minutes per night to cut sandwich fillings, prepare vegetables or boil eggs is a great way to make the healthy option the easy option.
9. Let your children help decide which vegetables to buy in the shopping (within reason!).
10. Keep takeaways as an occasional food rather than a regular occurrence. These foods are usually high fat, salt and sugar, and offer little nutrients.

Notes

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www.myfamily.kiwi

www.fuelled4life.org.nz

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Community & Public Health West Coast

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