

USING FRUIT AND VEGGIES IN BAKING...



GOT EXTRA MINCE?

TRY OUT SOME OF THESE IDEAS WITH THE LEFTOVERS!

WRAPS

Spoon mince and salad onto tortillas, add a spoonful of low-fat sour cream or yoghurt



SAVOURY WEDGES

Top roast potatoes with mince and a spoonful of low-fat sour cream or yoghurt

BAKED POTATO OR KUMARA

Cook potato or kumara in the microwave, cut in half lengthways, then top with mince



DIPS ARE THE PERFECT SNACK WHEN YOU ARE A LITTLE BIT HUNGRY...

Blend together...

FROZEN MINTED PEAS AND A SPOONFUL OF PLAIN YOGHURT



A CAN OF BEETROOT WITH SOME PLAIN YOGHURT



A CAN OF DRAINED AND RINSED CHICKPEAS WITH A CLOVE OF GARLIC, LEMON JUICE AND A LITTLE OIL



Serve with crackers or veggie sticks...



LOWER THE FAT CONTENT IN BAKING...

REPLACE BUTTER WITH REDUCED FAT SPREAD (MARGARINE). USE LOW-FAT PRODUCTS SUCH AS UNSWEETENED YOGHURT INSTEAD OF CREAM OR MAYONNAISE.

BUY WHOLEMEAL, WHEATMEAL, OR WHOLEGRAIN BREAD INSTEAD OF WHITE

IT'S USUALLY THE SAME PRICE AND WILL FILL YOUR CHILD UP FOR LONGER THAN WHITE BREAD, THEREFORE SAVING YOU MONEY AND HELPING TO KEEP THEIR BODY HEALTHY

GET CREATIVE THIS HALLOWEEN...

1. PEEL A BANANA AND PLACE IN THE FREEZER.
2. ONCE FROZEN, CUT INTO THIRDS
3. PUT A TOOTHPICK OR POPSICLE STICK IN ONE END OF EACH BANANA PIECE
3. DIP IN YOGHURT SO THEY ARE FULLY COVERED
4. ROLL AROUND IN SHREDDED COCONUT
5. USE TWO RAISINS FOR THE EYES
6. EAT IMMEDIATELY OR PLACE IN FREEZER UNTIL READY TO SERVE



ADD FLAVOUR TO YOUR COOKING...

USE SPICES THAT 'SWEETEN' BAKING:
GINGER, NUTMEG, CINNAMON,
VANILLA OR PEPPERMINT ESSENCE.
USE DRIED FRUITS, ZEST OR JUICE

USE SPICES,
HERBS, ONION, OR
GARLIC INSTEAD
OF EXTRA SALT.

NOT SURE IF THE FOOD IN YOUR CUPBOARD IS GOOD FOR YOUR FAMILY?

DOWNLOAD THE FOODSWITCH
APP TO YOUR SMART PHONE

YOU CAN SCAN THE BARCODES
OF PACKETS TO FIND OUT WHAT
NUTRIENTS THEY CONTAIN AND FIND
OTHER OPTIONS FOR SIMILAR PRODUCTS
WHICH ARE HEALTHIER FOR EVERYONE

A HANDFUL OF NUTS MAKE THE PERFECT SNACK

They provide lots of
energy that will fill up
your child and keep
them going for longer

MAKE YOUR RECIPES MORE FILLING...

...AND KEEP YOU GOING FOR LONGER. START BY REPLACING HALF THE TOTAL FLOUR IN THE RECIPE WITH WHOLEMEAL



MAKE ICE BLOCKS THIS SUMMER...

PUREE FRUIT—EITHER TOGETHER OR SEPARATELY. MIX YOGHURT INTO FRUIT PUREE AND POUR INTO ICE CUBE TRAYS AND ADD POPSICLE STICKS. PLACE IN FREEZER AND LEAVE FOR 3-4 HOURS OR UNTIL FROZEN.



OR CUT FRUIT INTO SHAPES, INSERT AN ICE BLOCK STICK OR BLUNTED TOOTHPICK AND PUT IN THE FREEZER. FRUITS WITH HIGH WATER CONTENT WORK BEST—TRY WATERMELON, STRAWBERRIES, GRAPES, PINEAPPLE, AND BLUEBERRIES.



TRY THESE GREAT SANDWICH IDEAS...

Grated cheese and crushed pineapple

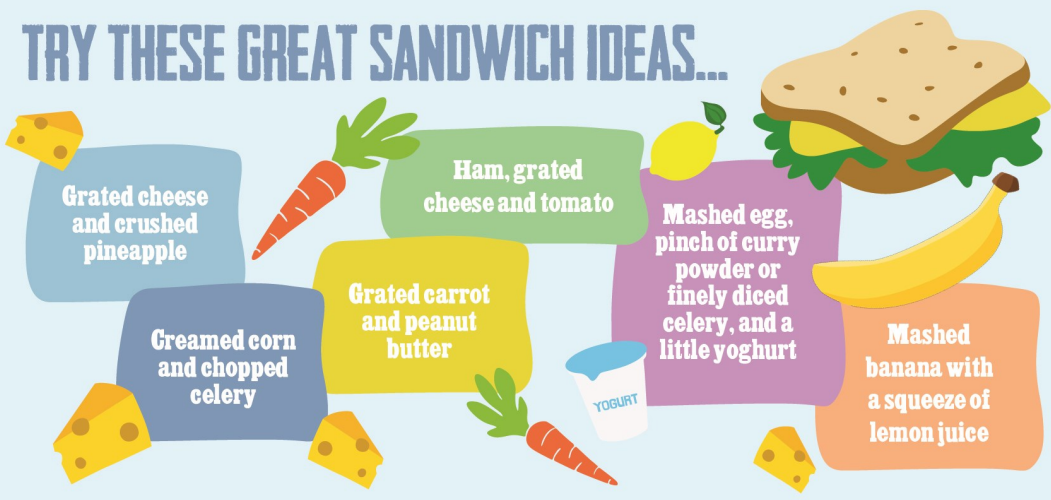
Creamed corn and chopped celery

Grated carrot and peanut butter

Ham, grated cheese and tomato

Mashed egg, pinch of curry powder or finely diced celery, and a little yoghurt

Mashed banana with a squeeze of lemon juice



MAKE EACH MEAL COLOURFUL



THE MORE COLOURS ON YOUR CHILD'S PLATE, THE MORE DIFFERENT NUTRIENTS THEY WILL BE EATING

AIM TO OFFER SOMETHING FROM EVERY COLOUR OF THE RAINBOW OVER THE DAY

CHOOSE DIFFERENT TYPES OF BREAD



Choose different types of bread for variation such as pita pockets, wraps, or wholegrain bread

Limit high sugar fillings like honey, jam or nutella to only a couple of times a week

MAKE AN ACHIEVABLE GOAL FOR THE WEEK...



SWITCH 1 DRINK EVERYDAY FOR A GLASS OF WATER



NEXT WEEK SET ANOTHER GOAL!
LOTS OF LITTLE STEPS ADD UP TO MAKE AN AWESOME CHANGE!

My goal for this week is... _____

IF YOUR CHILD IS NOT A SANDWICH EATER...



If your child is not a sandwich eater, try corn thins with peanut butter, hummus, or cheese and marmite/vegemite



Sushi and leftovers are other great options too

Pack a snack in your child's lunchbox to keep them fuelled between meals



Get more snack ideas at healthykids.org.nz/eat/recipes

Get the **best start** to the day

Breakfast doesn't have to be expensive or take ages to prepare.

Help your family get the best start to their day with these speedy breakfast ideas.



Get more breakfast ideas at healthykids.org.nz/eat/recipes

Grab-and-go breakfasts

On busy mornings, these breakfasts can be eaten on the run.



Get more breakfast ideas at healthykids.org.nz/eat/recipes

Get more focus and energy – eat breakfast

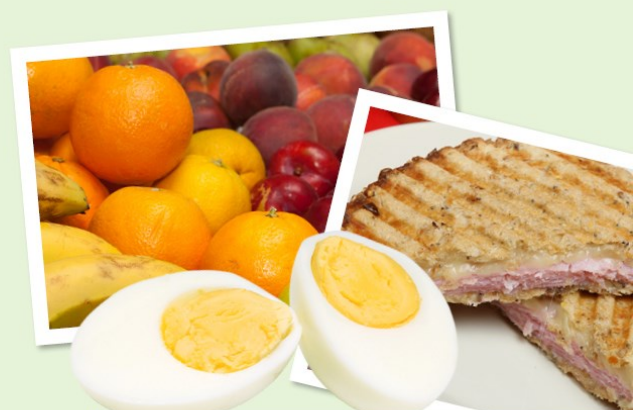
Breakfast improves concentration and memory, and gives kids energy.



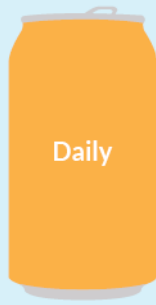
Get more breakfast ideas at healthykids.org.nz/eat/recipes

Snacks don't have to come in packets

Save money by making your own quick and easy snacks using food you already have in the kitchen.



Get more snack ideas at healthykids.org.nz/eat/recipes



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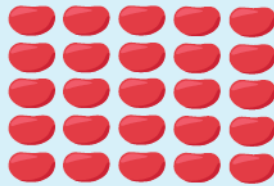
You could save \$60 a month

if you switch your daily can of soft drink for tap water.

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A 350ml bottle of fruit juice

contains as much sugar as 25 jelly beans.

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If you drink a 600ml bottle

of soft drink every day, you will drink 480 teaspoons of sugar a month, which equals 2kg of sugar.

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