



# Parents In Partnership

Scottsville Primary School

January 2014

## LUNCH-BOX IDEAS FOR KIDS

With life being so busy, and the cost of living continuously increasing, it is very easy to rely on quick and easy convenience foods. Unfortunately, these foods are never the best choice for growing and developing children. Being high in sugar and fats, and low in vitamins, minerals and other important nutrients they impede brain development and learning. They can also cause children to become overweight, setting them up for many problems later in life.

Let's do a quick cost comparison of a bad lunch versus a better lunch:

Bad lunch	Better lunch
1 x pie	1 x brown bread sandwich with peanut butter
1 x Coke	1 x apple
1 x packet of chips	1 x Laughing cow cheese wedge
1 x polony sandwich made on white bread	1 x packet of peanuts & raisins
1 x fruit juice blend	1 x small tub of yoghurt
Estimated cost : <b><u>R 40</u></b>	1 x 200 ml Liquifruit
	Estimated cost: <b><u>R 20</u></b>

Here are some things to keep in mind when packing your child's lunch box:

- Avoid too much sugar - it causes the blood sugar levels to rise and drop, affecting your child's concentration. Keep sweets, fizzy drinks, biscuits, cake, chocolates, doughnuts etc. for weekend treats.
- Choose from the following snacks to fill up your child's lunchbox: fruit, dried fruit, low-sugar yoghurts, cheese, nuts, veggies, biltong, dry wors, hard-boiled eggs, whole-wheat crackers and rice cakes to snack on.
- Use brown or whole-wheat bread for sandwiches and fill with leftover meat, egg, tuna, tinned sardines/pilchards or cheese rather than processed sandwich meats such as polony. Chop up veggies such as carrots, green beans and cucumber and let your child dip them in a flavoured cottage cheese.
- Left-over suppers can also be packed for lunch.
- Avoid fizzy drinks/minerals and artificial fruit juices - rather pack enough clean water, 100 % fruit juice (diluted with water) and flavoured milk as a treat.

STEPHANIE JOYNER, REGISTERED DIETITIAN

PRAC NO. 084 0000 454524

CHIROPRACTER CLINIC, CASCADES OFFICE PARK

TEL: 033 342 2649/033 345 1992/033 345 7113