

A BALANCED

LUNCH BOX

IS THE KEY TO YOUR CHILD'S FUTURE

Use the following guide to prepare the most nutritious and delicious lunch box for your growing child.

TREAT

If you want to occasionally surprise your child when they get to school, add a bite-sized chocolate or a few pieces of biltong to their lunch box.

WATER

Ensure your child is getting their 6 - 8 glasses of water a day. In summer or after sport, give them an extra glass or 2 to replace fluids lost during physical activity. Water is the most important nutrient in the body.

REDUCED FAT DAIRY

Use milk and milk products with little or no added sugar. Try adding a 100g tub of low fat yoghurt or a 250ml flavoured milk such as NESQUIK or cold MILO to help grow strong bones.

NUTRITIOUS SNACKS

Snacks are important as they help regulate blood sugar levels and appetite. A 30g packet of peanut and raisin mix or 2 pieces of dried fruit are great additions to any lunch box.

LEAN PROTEIN

Fish, chicken, lean meat or eggs can be eaten daily. Include 1 slice or 3 tablespoons of grated cheese, a boiled egg, ½ cup of tuna or even 2 tablespoons of peanut butter on their sandwiches.

STARCHY FOODS

Make starchy foods part of most meals. Great examples include; 2 slices of whole wheat bread, a seeded roll, mealie meal, mashed potato or ¾ cup of whole wheat pasta.

VEGETABLES AND FRUIT

Make sure that your child is eating vegetables and fruit every day as they contain rich sources of vitamins and minerals. Try incorporating a small apple, pear or banana, a peeled carrot or 1/2 a cup of salad!

TIP

Always wash and dry lunch boxes after use to keep them safe and clean!



DID YOU KNOW?

48%

According to South African tuck-shop owners* surveyed, an average of 48% of children use their tuck-shop on a daily basis – this figure typically increases amongst lower LSM schools and decreases amongst private schools.

WHEN IT ISN'T WORKING!

A healthy lunch is only beneficial if it's eaten. If your child is coming home with an untouched lunch box, ask yourself:

- * Is the lunch boring? Try to pack a different lunch each day or ask your child to pick what they want to eat from options supplied to them.
- * Is it the lunch box? Some children prefer paper bags or wax paper, some prefer cooler boxes.
- * Is it the texture? Often children don't like the skin on their apples or don't like sticky hands after peeling an orange.

Enjoy life

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