



What's in your **lunchbox**?

When making up a lunchbox aim to have **at least** one **glow**, one **grow** and two **go** foods

Here are some ideas to help you out!

GLOW

Fruit and vegetables help to keep your bodies healthy

apple	pear quarters	banana	pineapple
dried fruit	strawberries	corn cob	carrot sticks
tomato slices	watermelon pieces	celery pieces	cucumber chunks
left over roast vege's	fruit salad	vege salad (mix your favourites)	
grapes	coleslaw	celery filled with peanut butter / cream cheese	

GROW

Dairy / calcium based and protein food to help body grow and repair

yoghurts	cheese slices	choc milk	tofu
cheese pieces	sliced ham/chicken/beef	canned tuna	beans
salmon	hard boiled egg	nuts	lentils

hint: in summer, freeze yoghurt pottles to keep lunchbox cold, and as a nutritious snack

GO

Carbohydrate based foods to give you the energy to go

bread roll	sandwich	pita bread	bread
low fat crackers panini	home made muffin	scone	mini pizza
rice crackers	fruit bread / bun	mouse traps	small bag of cereal (snack)
rice / pasta salad	monkey roll	plain biscuits	popcorn

FUN LUNCHBOX RECIPES

Mouse Traps

You will need

- 8 slices of bread
- Marmite
- Edam cheese



What to do

Heat the oven to 220c and heat the oven tray at the same time, as it needs to be hot. On a slice of bread add a thin spread of marmite, and top with a little grated cheese. Place on hot oven tray and bake 8-10 minutes till golden and crunchy. These can keep in an airtight container as well.

Ants on a Log

You will need

- 1/2 a bunch of celery
- Peanut butter or cottage cheese
- Raisins



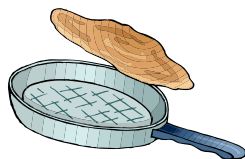
What to do:

Wash celery and cut into pieces about 10cm long. Fill u-shaped part of the celery with peanut butter or cottage cheese. Press raisins into the peanut butter or cottage cheese.

Pikelets

What to use

- 1/2 cup flour
- 1/2 cup wholemeal flour
- 1 tsp baking powder
- 1 egg
- 1 Tbsp sugar
- 3/4 cup non-fat milk



What to do

Mix the flours and baking powder together. Beat the egg and sugar together and add the milk. Pour the milk mixture into the dried ingredients and mix until smooth. Cook spoonfuls on a non-stick frying pan or a lightly greased pan. Turn pikelets over when bubbles start to burst on the top surface.

Monkey Roll

What to use

- 1 banana
- 2 slices of bread (per person)

What to do

Peel banana and cut in half. Place half the banana on the slice of bread and roll it up. Do the same with the other half and enjoy your monkey roll!

