

MAKING YOUR LUNCH BOX FUN

beyond the ham & cheese sandwich



Brought to you by Chivers & Panda



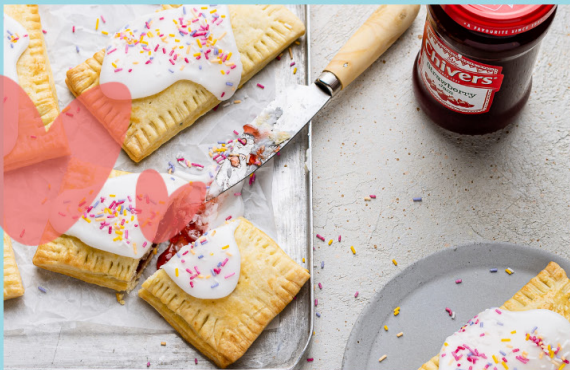


The lunch box dilemma

As your little one grows, you want to make sure they are eating well throughout the day. We get it!

Making school lunches filling and nutritious is one thing; making them fun and delicious is another.

Here are a few tips and easy recipes to help you create great lunches that your kids will LOVE!



Brought to you by Chivers & Panda



NO MORE

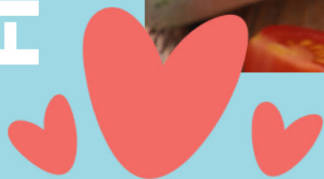
uneaten lunches

The lunch box doesn't have to be bland and boring. The easiest way to avoid uneaten lunches is to prepare food your child likes,

Play with different ingredients that make food more palatable and add some home baking that you can store or freeze. Having a stock of ready lunches in the freezer can be a real life saver.




NUTRITION FIRST



Lunch box content check list

INCLUDE IN EVERY LUNCHBOX	GOOD SOURCES
Protein	meat, eggs, fish, seafood, cheese, cottage cheese, yoghurt, beans, pulses, nuts
Starchy carbs	wholegrain pasta and bread, brown rice, potatoes, turnips, parsnips
Vegetables	spinach, carrots, cauliflower, broccoli, cucumbers, tomatoes, lettuce, corn, green beans
Fruit	strawberries, apples, pears, raspberries, blueberries, avocados, banana, oranges, melon, pineapple, grapes
Dairy	cheese, yoghurt, cream cheese, cottage cheese, butter
Drink	water, milk, water with low sugar squashes, fruit tea, lemonades, homemade smoothies



Protein is important for children of all ages as it helps the body to grow. Proteins are the source of amino acids which are the building blocks of your child's body. Amino acids help to develop muscle, bones, skin and various organs in children. The enzymes, which cause body growth are proteins produced by the body.

As your child grows, their immune system will mature and improve. Proteins play a big role in the working and development of the immune system. Many hormones which are needed to regulate the behaviour of various body functions are also proteins. Insulin for example, is a protein.

Proteins and amino acids are also essential for the repair and maintenance of the body. Cell tissue is repaired and rejuvenated through the use of proteins. Haemoglobin, which transports oxygen to various parts of the body, is also a protein.

PROTEIN



Growing kids need lots of starchy foods to fill them up and give them plenty of energy.

Meals that are packed with fibre, protein, carbohydrates and vitamins will help your child's growing bones and give them that extra boost to keep them focused for the afternoon ahead. These, along with fruit and vegetables, should form the main part of your child's lunch.

There really are a whole host of different options you can fill your child's lunchbox with, from wraps to quiche to pasta to leftover dinners. So, once you use your imagination there's really no excuse for daily cheese sandwiches.

STARCHY CARBOHYDRATES



VEGETABLES

Use colours when choosing vegetables. Vegetables that are bright in colour such as carrots, broccoli and peppers are the most nutrient rich. Diets with multicoloured vegetables will provide the widest variety of vitamins and minerals. It can be difficult trying to encourage kids to eat the vegetables on their plate, but you'll be surprised how quickly they'll tuck into sliced carrot sticks, or baby cucumbers. They're perfect lunch box size too.



Brought to you by Chivers & Panda



Great news is that most kids enjoy a multitude of fruits, thanks to their natural sweet taste. Fruit is truly versatile and can be enjoyed whole, in juices, smoothies, yoghurts or bakes.

Fruit juices and dried fruits are also a handy option for kids, but the best way to enjoy fruit is to eat whole fresh fruit.

Kids still love simple ones like apples and oranges, but don't forget blueberries, blackberries and grapes too.

FRUIT





Dairy products such as milk, cheese and yoghurt are great sources of calcium and protein. They also provide energy that your active child needs throughout their busy days.

Calcium is needed to ensure your child's good health and development. For sufficient calcium intake children need three servings of dairy per day. Calcium helps build strong bones and teeth, promotes nerve and muscle function, helps blood to clot and also activates enzymes that convert food into energy.

How much calcium does your child need?

Ages 1 to 3 years: 500 milligrams (mg) per day

Ages 4 to 8 years: 800 mg per day

Ages 9 to 18 years: 1300 mg per day

DAIRY



While we worry about the food our children eat, it's easy to forget the importance of hydration. Children are at great risk of dehydration so it is important to ensure they are getting enough fluids during the school day:

To ensure children keep hydrated throughout the day give them a drink with their breakfast, pack a drink for lunchtime and an extra bottle on PE days, when they are more active. Many foods have high water content, so try to integrate these into the school lunches. Add fruit, salads, or even a flask of stew or soup.

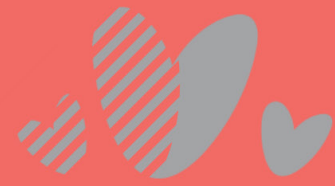
Water is the perfect drink to stay hydrated, but smoothies are a good alternative.

HYDRATION





Brought to you by Chivers & Panda



LUNCH BOX RECIPES

beyond the ham & cheese sandwich

Ingredients

PEANUT BUTTER, BANANA AND APPLE SMOOTHIE

1 banana, peeled and
chopped
1 apple, cored and sliced
250g strawberries
2 tbsp Panda Peanut
Butter



*Add all the
ingredients to a
blender and blend
until smooth.*

*Pour into glasses to
serve*

Method

Brought to you by Chivers & Panda



PEANUT BUTTER & JAM BARS

190g of plain flour
½ teaspoon baking powder
190g of smooth peanut butter
90g of golden brown sugar
100g of butter or margarine
1 large egg
100g of coarsely chopped salted dry-
roasted peanuts
1 tsp vanilla extract
240g of Chivers blackberry jam

Ingredients



Brought to you by Chivers & Panda



Method

Preheat oven to 350°F. Line 8 x 8 x 2-inch metal baking pan with tinfoil, leaving 2-inch overhang around edges and pressing firmly into corners and up sides of pan. Coat foil with nonstick spray. Whisk flour, baking powder, and 1/4 teaspoon salt in small bowl. Using electric mixer, beat peanut butter, sugar, and butter in large bowl until smooth. Add egg and vanilla; beat on low speed until smooth. Add flour mixture; beat on low speed just to blend. Transfer half of dough to prepared pan (about scant 1 1/2 cups). Place remaining dough in freezer for 10 minutes. Using fingertips, press dough evenly onto bottom of pan. Spread jam over in even layer. Remove dough from freezer; using fingertips, break into grape-size pieces and scatter over jelly layer. Sprinkle chopped nuts over.

Bake bars until top is golden brown, about 30 minutes. Cool bars completely in pan on rack. Using foil overhang as aid, lift bars from pan. Gently peel foil from edges. Cut into 16 squares.



POP TARTS

2 packets of ready made
shortcrust pastry
1 egg beaten
½ a jar of Chivers Strawberry Jam
200g icing sugar
3 – 4 tbsp water
Sprinkles of choice

Ingredients

Remove pastry from the fridge. Preheat your oven to 180C. Slice each sheet of pastry into 8 pieces. Place 8 of them on a baking paper lined tray leaving a little space between them. Brush the top of each sheet with beaten egg. Place 1 heaped tbsp of jam into the centre of each piece of pastry. Place the remaining 8 pieces of pastry on top and press down the sides with your fingers gently and press down with a fork to seal the edges completely. Brush the top of each pop tart with the beaten egg. Prick 3 to 4 times into the centre with a fork. Bake for 22 – 25 minutes until lightly golden and firm.

Allow to cool for 5 minutes on a tray and then cool fully on a wire rack. Mix together icing sugar and water. Add enough to create a thick smooth consistency. Once the pop tarts are cool, top with icing and sprinkles.



Method

BLACKCURRANT OVERNIGHT OATS

1 tsp Chivers
blackcurrant jam
100ml milk
1 tsp flaxseed
50g oats
4 frozen or fresh
raspberries
3 tsp natural yoghurt

Ingredients



Mix measured oats and flaxseed with milk and yoghurt. Layer the oats mixture and jam, and top with raspberries. Refrigerate overnight. Stir the next morning.

This can be kept in the fridge for 2 or 3 days.

Method

Brought to you by Chivers & Panda



PANCAKE BOARD

Pancakes of choice
Blueberries
Blackberries
Strawberries
Sliced banana
Pot of Panda Peanut Butter
Arrange on large board and place in
centre of table



PEANUT BUTTER & JAM MUFFINS

2 ripe bananas
150g sugar
2 eggs
120g Panda Crunchy Peanut Butter
100ml vegetable oil
250g self raising flour
1 tsp baking powder
75g chopped peanuts
150g Chivers Raspberry Jam

Ingredients

Brought to you by Chivers & Panda





Method

Mash two bananas into a bowl, add the brown sugar, eggs, Panda Peanut Butter and mix together. Add the rest of the ingredients and mix together with a hand whisk until smooth.

Spoon in the Chivers Raspberry Jam and lightly mix through the muffin mix.

Split the mix into muffin cases (an ice cream scoop is the perfect muffin measure).

Sprinkle with chopped peanuts and bake in a preheated oven at 180° for 30 mins.

Cool before eating.

Brought to you by Chivers & Panda



LUNCH BOX TIPS

beyond the ham & cheese sandwich



HEALTHY LUNCH BOX TIPS



It is important to set healthy food habits early in your child's life. Packing them a proper lunch is a big part of this. Here are a few tips on how to prepare a healthy lunchbox for your child.

1.VARIETY

Make sure there is a wide variety in the lunchbox. Include starchy foods, protein, dairy and fruit and vegetables. Try and make a different lunch every day so your child doesn't get bored with eating the same food.

That goes for sandwich fillings too - ham is great and super convenient, but try to include different options such as chicken or fish, and some days opt for the simple peanut butter sandwich - they'll love it

HEALTHY LUNCH BOX TIPS



3.DAIRY

Dairy products are an important part of every child's diet for strong, healthy bones and teeth so make sure there is some sort of dairy in your child's lunchbox like a yogurt, milk or cheese.

4.HYDRATION

Children need up to 6 cups of fluids every day. Make sure the drink you serve them is tooth-friendly such as milk, water and unsweetened fruit drinks.

5.STARCHY CARBS OPTIONS

Consider including wholegrain breads, wraps and pittas with whatever their favourite filling is. When cooking opt for brown rice and pasta.

6.SOUPS AND STEWS

Home-made soup and stews make for a healthy, filling lunch. Consider buying a thermos flask so your child can bring soup to school

LET'S CONNECT



FACEBOOK

@chiversie
@pandaie



TWITTER

@chiversie
@pandaie



INSTAGRAM

@chiversie
@pandaie



Brought to you by Chivers & Panda

