

FREE



fresh ideas

for your fresh food kids



**HACKS
TO MAKE
LUNCHES
EASIER**

**BETTER-
FOR-THEM
FOOD IDEAS**



**Nutritionist
approved**



WRAP
IDEAS,
P4



TOP OF THE CLASS



You'll be scoring top marks with these new ways to get your kids eating healthy and loving it, too!

Lunch boxes have never looked so different, but the importance of giving kids well-balanced meals that meet their nutritional needs hasn't changed, and that's where we come in. We want to help you provide your kids with easy and nutritious lunch-box solutions that you can quickly whip up and, most importantly, your kids will love.

In this booklet, you'll find fresh ideas with clever hacks for snacks, delicious dips your kids will love dunking in to, super-speedy after-school bites and simple swaps you can make to help your kids get the best nutritional value from their food, without them even noticing! So get inspired and discover ways to get your kids into a healthy routine for the start of the new school year.



Visit woolworths.com.au/freshfoodkids for more ideas, recipes and inspiration



★ SNACK HACKS ♡

Stuck for better snack ideas? These four simple snacks are favourites with our own Fresh Food Kids.



1

DIY YOGHURT SNACK

Place **muesli** and **chopped strawberry** in a small container, then let your child squeeze in **70g Woolworths Vanilla Yoghurt Pouch**.



2

FUNNY FACES

Trim and cut **celery stalks** into 10cm pieces, then fill with **smooth ricotta** and make funny faces using **sultanas** and **blueberries**.



3

POPCORN

Enjoy **Macro Air-popped Popcorn** as is, or try something new and sprinkle with **parmesan** or **paprika**.



4

MIGHTY BITES

We love **Woolworths Mighty Bites** for little hands. Unwrap **2 Cheeky Cocoa Crunch Balls** and add to lunch boxes for a naturally sweetened treat.

WRAP & ROLL

From nori sheets to lettuce cups, swapping a boring sandwich for an exciting lunch is so easy with these fabulous ideas.



BREAD

Trim the crust from bread (save crusts for dippers!), then roll bread with a rolling pin to flatten. Top with egg and lettuce, then roll up tightly and slice. **TRY** Woolworths High Fibre Low-GI Bread. **SERVE** with celery sticks, carrot sticks, Greek-style yoghurt and some grapes.

NORI SHEET

Keep sushi sheets fresh by wrapping in damp paper towels and placing in the fridge overnight. **TRY** filling with brown rice, avocado, cucumber, capsicum and honey soy tofu. **SERVE** with a boiled egg, light tasty cheese, vegie sticks and raspberries.





RICE PAPER

Make a wrap with rice paper. **TRY** filling with poached chicken, red cabbage, carrot and cucumber. **SERVE** with wholegrain crispbread, ricotta and sliced apple.

LETTUCE

Use a lettuce cup to create a crispy wrap. **TRY** filling with lean beef mince cooked with ginger, carrot and vermicelli. **SERVE** with a corn cob, light tasty cheese and rockmelon.

MULTIGRAIN WRAP

Wraps with grains are great for lunches. **TRY** filling with avocado, black beans, corn and lettuce. **SERVE** with pepitas, Greek-style yoghurt, cucumber and an orange.



DIP IT

Make it fun to eat fresh fruit and veggies by serving them with these delicious and simple dips.

YOGHURT WITH CINNAMON

For a quick snack, sprinkle $\frac{1}{2}$ cup Greek-style yoghurt, with ground cinnamon, then serve with chopped fruit.

HUMMUS

Place 400g can no added salt chickpeas, rinsed and drained, juice of 1 lemon, 2 tbs tahini, 2 tsp ground cumin, 3 crushed garlic cloves, 2 tbs extra virgin olive oil and 2 tbs water in a food processor. Blitz for 1 minute or until smooth. Serve with carrot and Qukes baby cucumber sticks.

QUICK PEA PESTO

Place 2 cups blanched peas, $\frac{1}{3}$ cup ricotta, 2 crushed cloves garlic, juice of 1 lemon, 2 tbs extra virgin olive oil, and $\frac{1}{2}$ bunch mint leaves in a food processor. Blitz for 1 minute or until almost smooth. Serve with carrot and Qukes baby cucumber sticks.



ADD MORE COLOUR

Eat a variety of colourful foods by choosing from the fresh fruit and veg rainbow. Start with...

SUPER RED

Add fruits (**raspberries**, **strawberries**, **watermelon**) to wholegrain breakfast cereals. Use **tomatoes** and **capsicum** strips as vegetable dippers.

ORANGE BURST

Carrot sticks are perfect with dips, or grate and add to meals. Chop peeled **orange** and use in smoothies or cut into wedges for a great snack.

SAY YELLOW

Corn on the cob is a favourite to snack on, or remove the kernels and add to meals. **Yellow capsicum** strips or fresh **pineapple** pieces are also wonderful snacks.

TEAM GREEN

Grate **zucchini** into meals, such as bolognese, or use blended **peas** or **leafy greens** as a pesto base.

PURPLE DREAM

Include finely shredded **cabbage** in wraps and rolls with other fillings, and snack on **grapes**.

OUR ACTIVE FRESH FOOD KIDS

We believe getting kids active is as important as eating well, that's why we continue to support Australian sporting codes for kids, like the Woolworths Cricket Blast.



As kids grow, cricket can grow alongside them. It's fun, fast and action-packed! We'd love to see your child join a cricket team, make new friends and take their batting, bowling and fielding skills to the next level. If the sun's not shining, they can play cricket indoors, which makes it a year-round activity.



CRICKET WICKET CHICKEN & AVOCADO SANDWICH

Prep 10 mins | Serves 1

2 slices wholemeal bread
 ¼ avocado
 100g cooked shredded chicken breast
 1 slice light cheddar cheese
 ½ cup sliced cucumber
 ½ cup grated carrot
snacks
 ¼ cup light ricotta

¼ tsp ground cinnamon
 1 cup strawberries, halved

1 Spread 1 slice with avocado, then top 1 with sandwich ingredients and remaining slice. Cut into thirds. Serve with cinnamon-topped ricotta and strawberries.



NUTRITION Per serve: 2420kJ (578 cal), 600mg sodium, 2 serves grain/wholegrain, 1.5 serves protein, 1 serve dairy, 4 serves fruit/veg.

Join the fun at
playcricket.com.au



AFTER-SCHOOL BITES



After the end-of-day bell has rung, keep the fresh fruit and vegie options coming. Here's how...



FRUIT SALAD COMBOS

Change the fruit to suit the season:

- 1 Peach, strawberry, blackberry.
- 2 Kiwifruit, apple blueberries.
- 3 Mango, pineapple, banana.

CRACKER TOPPINGS

Top **Woolworths Multigrain Brown Rice Crackers** with:

- 4 Tomato salsa: tomato, red onion and basil.
- 5 Hummus and red capsicum.
- 6 Ricotta and cucumber.

GOOD BALANCE

Striking the right nutritional balance with a variety of foods is important for growing bodies. Here's a guide to help you build a healthy lunch box.

**1-2
SERVES**

PROTEIN (MEAT, DAIRY AND ALTERNATIVES)

1 serve looks like



2 EGGS



150g LEGUMES



40g CHEESE



1 CUP MILK

**1-2
SERVES**

GRAINS (MOSTLY WHOLEGRAINS)

1 serve looks like



1 SLICE
BREAD



30g
OATS



½ CUP
COOKED PASTA

**1-2
SERVES**

VEGETABLES

1 serve looks like



1 MEDIUM
TOMATO



1 CORN
COB



1 CUP BABY
SPINACH LEAVES

**1
SERVE**

FRUIT

1 serve looks like



1 MEDIUM
FRUIT
(APPLE,
BANANA,
ORANGE)



2 SMALL
PIECES
OF FRUIT
(APRICOT,
PLUM)



1 CUP
BERRIES
OR
CHOPPED
FRUIT

TREATS

We know kids love treats, but foods high in added sugar, salt and saturated fat should be consumed in small amounts and only occasionally. Instead, encourage kids to eat healthier treats such as homemade popcorn, fruit salads or wholegrain snacks.

BETTER SWAPS

Getting your kids to enjoy healthier options is only a few tweaks away – check out these simple substitutes.



SWAP OUT

Sugary beverages such as cordials and soft drinks.

GO FOR

Mineral water flavoured with berries.



SWAP OUT

Snack packs or packets of chips.

GO FOR

Homemade trail mix. Try popcorn, puffed rice and dried fruit.



SWAP OUT

Ice-creams or frozen yoghurt treats.

GO FOR

Frozen fruit popsicles.



SWAP OUT

White bread, wraps and pasta.

GO FOR

Wholegrain or wholemeal bread, wraps, rolls and pasta.





LUNCH BOX INSPO



Introduce calm and order to midweek mornings with these hacks that will inspire your lunch-box prep.

1

ICE CUBES

Puree leftover fruit and freeze in ice cube trays, ready to use as the base for a smoothie.



3

BULK BAKE

Bake in bulk, then freeze your savoury and sweet items such as muffins, slices, scrolls and mini pizzas.



2

VEGIES

Roast a tray of veggies, then portion and freeze them so you have them on hand to add to dishes or bulk out a lunch.



4

EXTRA PASTA

Use leftover pasta from a weeknight meal to make pasta muffins.



5

EGGS

Boil some eggs and add them to sandwiches or enjoy as a snack.

6

DIPS

Pre-portion and freeze dips in containers, then pop into lunch boxes to thaw in time for the snack break.



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WE'VE GIVEN AWAY MORE THAN
100 MILLION
PIECES OF **FREE FRUIT** FOR KIDS

To help kids get the adequate serves
of fruit per day, they can pick up a fresh
piece of fruit to snack on while you shop.



FIND OUT MORE AT
woolworths.com.au/freshfoodkids