1. **Let them HELP you** - kids love helping out in the kitchen and are much more likely to eat it if they have helped to prepare. We all hate receiving lunch box’s at the end of the day with 90% of the food left in it.

2. Use **Wholegrain** bread instead of white.

3. Try **cooked** meat like chicken, beef, turkey, instead of cured meats like ham and salami.

4. Use **avocado** as a **spread** instead of butter.

5. **Vegetable stick packs** are a good hunger cruncher. Make sure it’s their favourites so they are likely to go for their vegetables first.

6. **Cherry tomatoes** are an easy healthy add on to any lunch box.

7. A piece of **fruit** – its their sweet treat.

8. Instead of chips try **rice crackers** or **popcorn** (they are lower in saturated fats and generally lower in salts).

9. **Home made healthy muffins** (good weekend activity with the kids and can double as a school recess)

10. **Home made muesli bars** (Again let them help you! You can control how much added sugar you add and how much – a great treat to satisfy their hunger and full of goodness)

**A little bonus one:**

11. If they have a cooler bag, **yoghurt** is also a great snack for those active kids (just watch the amount of sugar these yoghurts have)

**Hope this helps you with the new school year ahead!**