

Packed with Goodness.



Crunch&Sip®

Supported by



Our Packed with Goodness sessions are free for parents of primary school aged kids, and will provide you with:

- simple, practical tips for packing the lunchbox
- tools to help support fussy eating
- confidence to identify healthy options at the supermarket
- fun ways to encourage kids to eat more veggies
- support from a qualified nutritionist

To find out more or book a session, visit crunchandsip.com.au or email us at nutrition@cancerwa.asn.au



INTRODUCING CRUNCH BITES!

A podcast for parents that provides plenty of practical ideas around boosting children's nutrition in an easily accessible, grab-and-go format.

Join us and learn how to feed your family well whilst saving on time, money and stress.



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Introduction

Parents are the first and most important role models when it comes to eating well, which includes packing a healthy lunchbox full of fresh and nutritious food for children to take to school.

Providing healthy food every day gives children the fuel they need to play, grow and learn.

In this booklet you will find out how to pack a balanced lunchbox for the school day, plus quick ways to reach for healthy snacks in the home. You'll also find lots of ideas for making easy, affordable and wholesome meals the whole family can enjoy.

Let's hero healthy habits and reach for more veggies every day.



Healthy eating

Healthy eating means enjoying a wide variety of nutritious foods from the five core food groups every day. These include:

1. Vegetables and legumes/beans
2. Fruits
3. Grain (cereal) foods, mostly wholegrains
4. Meat and meat alternatives (lean meat and poultry, fish, eggs, tofu, nuts and seeds, legumes/beans)
5. Dairy (milk, yoghurt, cheese and/or alternatives), mostly reduced-fat

The **Australian Guide to Healthy Eating** shows the proportion of these five food groups we should aim to eat every day to be healthy. Try to choose a variety of core foods to fill your child's meals as well as to go in their lunchbox every day.

How many serves?

Sometimes it can be hard to know how much of these foods children should be eating. Using the recommended serves outlined below can make this a little easier.

Remember this is a guide and a goal to work towards. If you are getting close to the recommended serves on most days of the week then you are doing a great job.

As a rough guide lunchboxes should contain about a third of your child's food for the day.

Age	Vegetables	Fruit	Grains and cereals	Meat and alternatives	Dairy and alternatives
4 - 8 years old	4 ½	1 ½	4	1 ½	2
9 - 11 years old	5	2	5	1 ½	2 ½
12 - 18 years old	5 - 5 ½	2	5 - 7	2 ½	3 ½

For the number of serves that adults should be eating visit eatforhealth.gov.au



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



What does a serve look like?

Vegetables



½ cup
cooked
75g



½ cup
beans, peas
or lentils
75g

1 cup
raw
75g



Fruit

1 medium
piece
150g



1 cup
chopped or
canned
150g



2 small
pieces
150g



Grains and cereals



½ cup
cooked
pasta
or rice



1 slice
of bread



3 crisp
breads



½ a wrap

Meat and meat alternatives



2 eggs



80g
chicken
breast



65g
red meat



100g
tinned
fish



1 cup
beans, peas
or lentils

Dairy and dairy alternatives



1 cup
250ml

2 slices
of cheese
40g



Small tub
or 200g of
yoghurt



How do you pack a lunchbox with goodness?

By the time a child finishes primary school they will have eaten from the lunchbox almost **2500 times**.

Packing healthy lunchboxes is a great opportunity to provide children with a wide variety of fresh, yummy and healthy foods to help them grow and thrive.

When it comes to lunchboxes, we understand there is no one size fits all model. We encourage you to find combinations that work for your family.

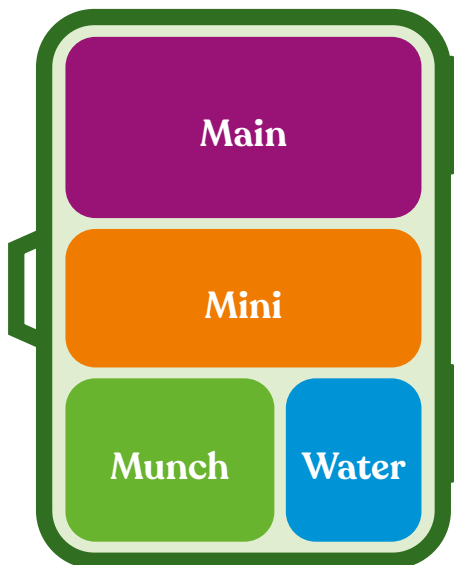
Each day, children need:

- **Something for lunch (main meal)**
- **Something for recess (mini meal)**
- **Something to munch (fruit or veg)**
- **Water to drink**

Crunch&Sip® is also a great opportunity for children to eat extra serves of vegetables and fruits throughout the day. It all adds up!

If it's all healthy food, it doesn't matter what order it's eaten in. Anything they reach for will provide long-lasting energy.

Try to provide the same healthy foods in the lunchbox that you would at home.



Main

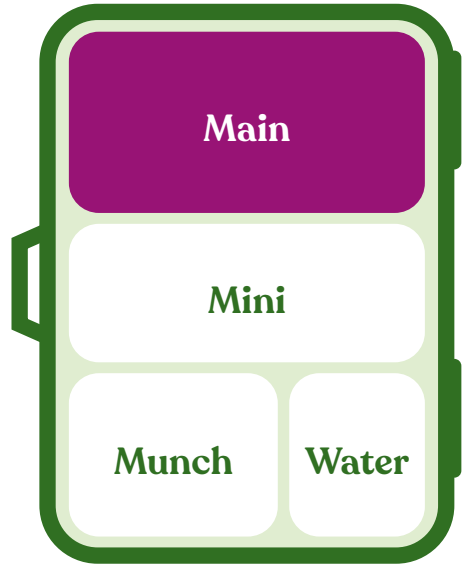
Lunch is a **main** meal and is a great opportunity to use foods from the grain, meat (or meat alternatives) and vegetable food groups.

This can include a sandwich or wrap with fresh fillings your child enjoys, savoury muffins or fritters, sushi, pasta, falafel, curry, rice salad or any leftovers that store well.

Packing protein will keep kids full for longer and help to maintain energy levels, as well as support healthy growth and development.

Lunchbox friendly options that are great sources of protein include:

- salmon or tuna
- lean beef or lamb
- skinless chicken or turkey
- reduced-fat cheese
- boiled egg
- beans
- lentils
- hummus



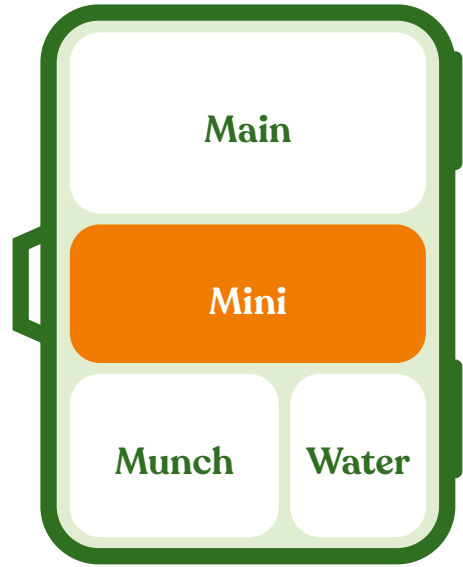


Mini

Children have smaller stomachs than adults, so they eat less in one sitting. This is why they often need to top-up with a **mini** meal between their main meals across the day.

Recess is an ideal time to provide a healthy mini meal. Try to limit the packet snack foods for this break where you can.

Instead, choose mini meals from the five food groups to boost the nutrients and limit the added sugar, salt, and saturated fat in your child's day.



Get children involved in making their own mini meals and learning to reach for healthy snacks. Some healthy examples of mini meals include:

- hard-boiled egg
- plain popcorn
- low-sugar dry cereal
- reduced-fat cheese and apple slices
- reduced-fat yoghurt and fruit
- roasted chickpeas
- chopped vegetables and dip
- homemade savoury or fruit muffins
- veggie pikelets



Munch

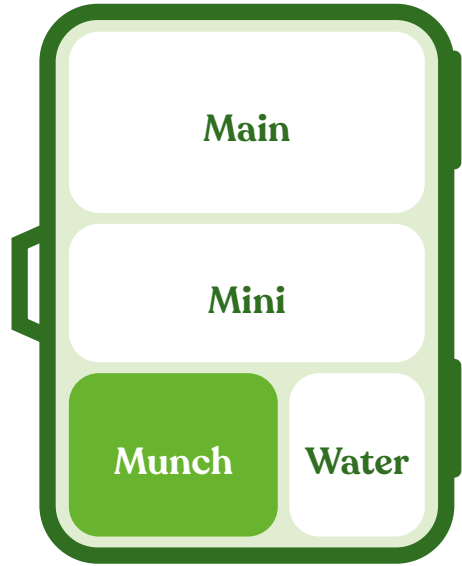
Vegetables and fruits are full of nutrients vital for growth and development- but most of us are missing out by not eating enough.

The **munch** is a great opportunity to increase the vegetables and fruits your child is eating, so try and pack some every day. They're the perfect on-the-go snack!

Try vegetables prepared in a range of ways such as grated, steamed, roasted or raw. Canned and frozen vegetables and fruits are cheap, healthy and convenient options as well. Just remember to choose canned vegetables with reduced or no added salt and fruits in natural juice instead of syrup.

Pack vegetables and fruits that you know your child enjoys, and don't forget to throw in some new ones for them to taste as well. A variety of different coloured vegetables and fruits means a variety of nutrients.

Munch on more!





Water

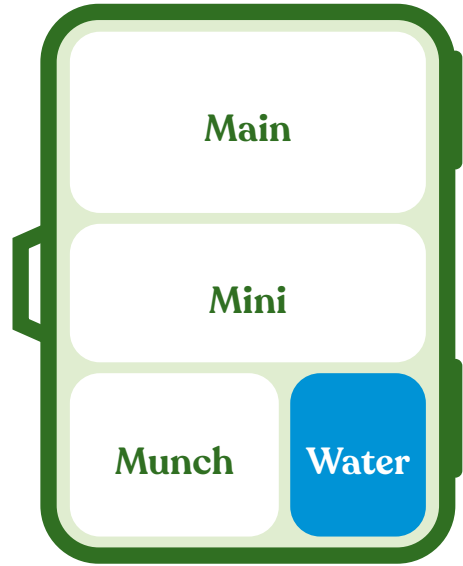
Water and milk are the only drinks children need.

Water has many important functions in the body like helping to digest food, stay hydrated and maintain body temperature.

Drinking water is also shown to help children stayed focused across the day.

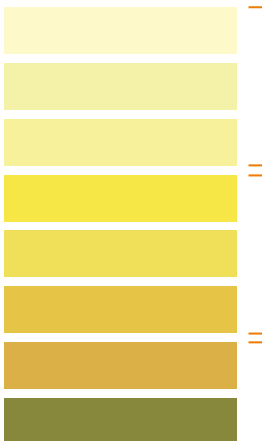
Parents can help children set up healthy hydration habits from an early age by teaching them to quench their thirst with water.

Pack your child a refillable water bottle to take to school every day.



How to know if your child is drinking enough water

An easy way to check you child's hydration is by the colour of their wee. Get your child to do the 'wee check' and see if their urine is the 'ideal colour' to make sure they're drinking enough water.



Ideal colour

Well done, you are drinking enough water

Slightly dehydrated

You should try to drink more water throughout the day

Very dehydrated

You need to drink more water

Crunch&Sip®

Remember to pack Crunch&Sip®!

Crunch&Sip® is a set time in the classroom where your child can snack on whole or chopped vegetables and fruits and sip on water. This is separate to the lunchbox and is another great opportunity for children to be munching on more.

Get children involved in chopping and packing their own Crunch&Sip®, and pack seasonal foods where you can as these will often be cheaper and tastier.

If your school does not participate in Crunch&Sip® then encourage them to head to the website to learn more about the program and its benefits

crunchandsip.com.au

Tips:

1. *Mix in some veggies!*
2. *Cut fruit or veggies into bite size pieces.*
3. *Choose foods that won't make a mess.*
4. *Pick fresh and seasonal veggies and fruits for better value and flavour.*



Weekly lunchbox ideas

Monday



Main

Fruit bread and cottage cheese plus tomatoes

Mini

Rice crackers and cheese

Munch

Chopped fruit and veggies

Tuesday



Main

Baked tomato rice with peas and tomato

Mini

Date and muesli slice

Munch

Veggie sticks

Wednesday



Main

Roast chicken and salad roll

Mini

Plain yoghurt

Munch

Chopped fruit

lay



Thursday



Main

Mini crustless
veggie quiches

Mini

Choc zucchini muffins

Munch

Veggie sticks

Friday



Main

Cheese sandwich
plus tomatoes

Mini

Veggie pikelets

Munch

Sliced orange



Don't forget!

Send your child to school with a
refillable water bottle every day.
Healthy hydration habits start here.



My child won't eat what's in the lunchbox

Sometimes your child won't eat the food you pack. Try these parent-tested tips for more lunchbox learning.

- **Make sure the food is easy to eat** and doesn't make a mess. Chop food into smaller pieces where needed.
- **Add a small container of dip** like hummus or guacamole with chopped vegetable sticks. Dipping adds flavour and interest and engages little hands.
- **Don't label your child as not liking a food** and don't give up. Keep offering without pressure, persistence pays off.
- **Ask them** why food is not being eaten. There could be simple reason that you can problem solve together like sandwiches going soggy or tuna being a bit too smelly.
- **Check** that all containers are easy to open and close. Children are not always comfortable asking for help and may forget to tell you at the end of the day.
- **Get them involved** in packing their lunchbox. Some children are more likely to eat their food when they have played a part in choosing and packing. Less surprises can lead to more success.
- **Resist packing a treat** as it will spoil their appetite for the healthy foods we want them to eat. If you want to put something lovely in their lunchbox, try a little note, sticker or joke.
- **Think about how much time they have** to eat and play in their short break. It helps if you pack food that is simple and easy to munch-and-go.
- **Make sure the after-school snack** you are offering your child is wholesome and healthy too. Consistency is important.

Keeping food safe and stored well

Make sure your child can open and close their lunchbox and cooler bag and choose containers that don't leak.

Storing food in sealed containers and at the right temperature will help them last longer, stay safe to eat across the day, and taste better.

This means children are more likely to eat the food that is packed for them, and less food will be wasted.

Any foods you would keep in the fridge at home should be kept cool in the lunchbox by using freezer blocks or frozen water bottles. Some foods can go into the lunchbox frozen and defrost across the morning such as yoghurt tubs, muffins and pancakes as well as fruit like grapes and strawberries. Sandwiches can also be made the night before and frozen depending on which fillings are chosen.

Any hot food made in the morning should be kept warm in the lunchbox by using a thermos or suitable containers for keeping food hot.

At the end of the school day, throw out any hot or cold food that didn't get eaten as it will no longer be safe to eat.



Allergies

Some children have food allergies.

A food allergy is an immune system reaction to a food protein. Sometimes children don't need to eat a food to get sick, just touching it can cause an allergic reaction.

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening.

It is unrealistic to think a school can be 'free' of any allergen, being 'allergy aware' is a more appropriate term. Check with the teacher to see if someone in the class has a food allergy when deciding what to pack for your child.

The most common foods people are allergic to are:

- peanuts
- tree nuts (most other nuts)
- cow's milk (dairy)
- egg
- fish
- crustacean (shellfish)
- sesame
- soy
- wheat
- lupin

Make sure you check your school's allergy policy. Most schools ask that nut products are NOT packed in the lunchbox.



WHAT TO EAT AND DRINK



BEFORE EXERCISE

3-4 hrs prior:

Fuel up with foods with healthy carbohydrates which are low in fat;

- ✓ porridge
- ✓ spinach and eggs on toast
- ✓ chicken burrito

1-2 hrs prior:

Prioritise carbohydrate rich snacks;

- ✓ yoghurt and fruit
- ✓ small bowl of cereal
- ✓ small pikelets with honey
- ✓ English muffins with cream cheese and fruit



DURING EXERCISE

If required, keep the tank topped up with healthy snacks;

- ✓ water
- ✓ fresh fruit
- ✓ muesli bar
- ✓ yoghurt pouches
- ✓ flavoured milk



AFTER EXERCISE/RECOVERY

Rehydrate with water, Refuel with carbohydrates, Rebuild with protein, and Revitalise with fruit and vegetables!

- ✓ small flavoured milk
- ✓ fresh fruit and yoghurt
- ✓ wraps or sandwiches
- ✓ cheese on crackers
- ✓ chicken with rice and vegies
- ✓ baked beans on toast
- ✓ healthy hamburger
- ✓ rice paper rolls
- ✓ toastie
- ✓ sushi



HUNGRY FOR MORE HEALTHY TIPS?

Visit fueltogo.com.au or email
fueltogo@education.wa.edu.au

healthway

Fuel to
Go & Play

WATER WINS!



IT'S IMPORTANT TO DRINK WATER BEFORE, DURING AND AFTER SPORT TO STAY HYDRATED

Did you know, over half your body is water? Drinking water keeps your body cool, replaces fluid lost through sweat and helps you to perform at your best.

A WORD ON SPORTS DRINKS

Sports drinks are very high in sugar and not recommended for the general population, especially children.

Endurance or high performance athletes should consult an Accredited Practising Dietitian for advice.

DID YOU KNOW THE AVERAGE 600ML SPORTS DRINK CONTAINS 9 TEASPOONS OF SUGAR?!



This means if a person drinks **1 x 600mL** sports drink each week over a year, from sports drinks alone they will consume:

2.3 KGs OF SUGAR
(approx.)



STAY HYDRATED

Fluid requirements vary from person to person and depends on a number of factors including the weather, type of exercise and sweat loss.

Children often don't realise when they are thirsty and may need to be reminded to drink often, particularly during exercise.

Aim for the following amounts of water per day and extra during exercise;

4-8 year olds = **1.2L or 5 cups**

9-13 year olds = **1.5L or 5-6 cups**

14-18 year olds = **1.8L or 6-8 cups**

Adults = **2L or 8-9 cups**

WARNING SIGNS OF DEHYDRATION

- Dark urine
- Dizziness
- Dry mouth and throat
- Muscle cramps
- Nausea and headache.

HUNGRY FOR MORE HEALTHY TIPS?

Visit fueltogo.com.au or email fueltogo@education.wa.edu.au

National Health and Medical Research Council. (2013).
Eat for health. Australian dietary guidelines.



Pack less packets

Reducing pre-packaged snack foods and reaching for healthy snacks instead means you can increase fruits and vegetables, add wholegrains, manage portion size and reduce the amount of added sugar, saturated fat and salt your child is eating.

Pre-packaged snack foods contain additives and preservatives that improve their appearance and shelf life. Commonly used additives and preservatives include sugar, antioxidants, salt and food colouring.

Pre-packaged snack foods are sometimes foods rather than everyday foods. Teach children to reach for one of these healthy snacks instead!

If you are concerned about additives and preservatives remember that the best way to reduce your child's intake is to reduce the amount of processed and pre-packaged snack foods they eat. Additives and preservatives are safe for most people when eaten as part of a healthy, varied diet. However if you think your child is having a bad reaction to an additive or preservative then talk to a doctor or dietitian.

Healthy snack options



Swap and save

Food manufacturers use clever marketing to encourage parents to reach for pre-packaged snacks to fill the trolley when food shopping.

These snack foods may seem like quick and easy options for the lunchbox, however they are usually more expensive and less nutritious than packing a piece of fruit, some veggies and dip, a homemade muffin, or simple cheese and crackers. Even packaged snack foods that market themselves as healthy will often be more expensive than making your own.

SWAP THIS		FOR THIS
	\$14.30 per kg	\$7.30 per kg
	\$58.50 per kg	\$4.50 per kg
	\$25.00 per kg	\$4.40 per kg
	\$41.70 per kg	\$13.90 per kg
		
		
		
		

Reading food labels

Knowing how to read a food label makes choosing healthy foods easier. Most packaged foods have a nutrition panel and an ingredients list which tells you what is in the food you are reaching for. Here are some of the things to look out for when choosing which products to buy. Take our user friendly wallet card (see the back page) with you to help make the best choices.

Serving Size

The manufacturer chooses the serving size. This can be different between brands, and might not be a healthy or realistic serve size for you.

Fats

There are many different types of fat in foods. Look for lower saturated fat foods.

Fibre

Also known as dietary fibre. Choose higher fibre foods.

Sodium

Sodium is salt. Look for lower sodium varieties.

Ingredients

Ingredients are listed from MOST to LEAST by weight.

Nutrition information

Serving size: 30g (2/3 cup)

Energy

Protein

Fat

- Total

- Saturated

Carbohydrate

- Total

- Sugar

Fibre

Sodium

Ingredients: Cereals (76%) (**wheat**, husk (11%), sugar, rice malt extract, thiamine, folate)

Servings per package: 16

	Per Serve	Per 100g
	432kj	1441kj
	2.8g	9.3g
	0.4g	1.2g
	0.1g	0.3g
	18.9g	62.9g
	3.5g	11.8g
	6.4g	21.2g
	65mg	215mg

100g column

Because the 'per serve' column is often different between brands, per 100g is a fairer way to compare.

Sugars

This includes added sugar and naturally occurring sugar. Check the ingredients list for clues and choose foods lower in added sugar.

Allergies

Common foods that people are allergic to are in bold to make them easy to spot.

oatbran, barley), psyllium
honey, salt, vitamins (niacin,



Munch on more vegetables

Vegetables are nutritious, cheap, quick to cook, or simply eat as they come, and they store easily in the fridge or pantry- but most of us aren't eating enough!

Here are some tips for packing more vegetables into your child's day.

Breakfast

- Top toast with baked beans, grilled mushrooms, avocado or sliced tomato.
- Add veggies like tomato, zucchini, capsicum or mushroom to an omelette.
- Add veggies like avocado or a small handful of spinach leaves to a smoothie.

Lunchbox

- Fill sandwiches with an extra boost of vegetables such as grated carrot, roasted pumpkin, sliced avocado, cucumber or beetroot.
- Make a batch of veggie packed savoury muffins or pikelets.
- Add in a cup of veggie soup and a thermos.
- Add cooked veggies to rice or pasta (don't forget the fork!).

Mini meals and snacks

- Chop up veggies and keep them in the fridge ready to grab and go.
- Choose vegetable based dips like hummus or guacamole.
- Top rice cakes with cottage cheese and add some sliced tomato, avocado or cucumber.
- Try a toasted sandwich with baked beans, cheese and grated veggies.

Dinner

- Add grated zucchini, mushroom, celery or carrot to tomato based pasta sauce.
- Add beans and pulses to soups, stews, pasta and rice dishes.
- Include a side salad or a serve of steamed vegetables with hot dishes.
- Try cabbage and lettuce leaves as edible containers with savoury fillings.

The school canteen

Many schools will have a canteen that is open on select days of the week. The canteen aims to provide a variety of simple and wholesome meals, snacks and drinks for children to buy. For parents, the canteen can be seen as an extension of the home pantry and fridge, and an opportunity for children to learn skills in food selection and how to make healthy choices over the counter.

Choosing healthy foods from the canteen in early primary school years, will help guide your child when they become more independent and begin buying their own food outside of school, such as at sports or on the weekend with friends.



Take some time to plan

Plan ahead and make meal prep easier. A little planning goes a long way.

- **Prepare for the week** and think about which foods from the five food groups you might pack each day.
- **Shop with the lunchbox in mind** and buy foods that are easy to pack and store well.
- **Cook in bulk** some weekends and pack the freezer with easy to grab options.
- **Prepare food the night before** whilst you are making dinner. Try chopping up some extra vegetables, cutting extra cheese cubes or hard boiling an egg.
- **Pack leftovers** for lunch and throw in a fork or a spoon.



Cheese & Spinach Gozleme

Prep time: 30 minutes

Cook time: 20 minutes

Serves: 4



Ingredients

- 1 cup wholemeal self-raising flour, plus extra for dusting
- 150g reduced-fat yoghurt
- 1 red onion, peeled, thinly sliced
- 100g reduced-fat feta cheese, crumbled
- 250g frozen spinach, defrosted (squeeze out extra liquid)
- pepper, to taste
- 1 lemon, cut into wedges

Method

- 1.** Place flour and yoghurt in a medium-sized bowl and mix to combine. Use hands to bring together until a dough forms, place on a lightly floured surface and knead for three minutes.
- 2.** Place dough ball into a bowl, cover and set aside at room temperature to rest (but not rise) while filling is prepared.
- 3.** For filling, spray a large pan with oil and place on medium heat. Add onion and cook for 10 minutes until soft, stirring often.
- 4.** Turn off heat, stir through feta and spinach and season with pepper.
- 5.** Divide dough into four portions. Flatten and roll each with a floured rolling pin into a thin 20cm square.
- 6.** Place a quarter of spinach filling (squeezing off any extra liquid) evenly onto a rectangular half of the pastry, fold other half over to enclose and press edges together to seal.



7. Repeat with remaining dough and filling.
8. Wipe out the frypan with a paper towel, spray with oil and heat on high. Cook each gozleme for 2 minutes on each side or until golden brown. Transfer to serving plates and serve with lemon wedges.

Variations

- Reduce spinach to 1 cup and include 300g sliced mushrooms with a clove of crushed garlic. Add to the pan after 5 minutes of cooking onions.
- Fill gozleme with chargrilled chopped veg and spice it up with ground cumin, coriander or chilli flakes.
- Replace gozleme dough with a 20cm wholegrain wrap, tortilla, or Lebanese bread. Fold in half and toast in a sandwich press.
- Can also use fresh baby spinach. Quickly soften in pan during the last minute of cooking the onions.

Quick Corn Pikelets



Prep time: 5 minutes
Cook time: 20 minutes
Serves: 10

Ingredients

- 1 cup self-raising flour
- 1x 400g can creamed corn
- 2 tbs reduced-fat milk
- olive or canola oil spray

Method

- 1.** Mix flour, creamed corn and milk together. This makes quite a thick batter (more like damper than pancake mixture).
- 2.** Heat a large frypan and spray with oil.
- 3.** Use a large spoon to dollop spoonfuls (about $\frac{1}{4}$ cup size) of batter into the frypan. Cook on a medium heat until golden brown on one side- about 3-5 minutes (they will puff up a bit). Flip and cook for another 3 minutes, or until golden brown.
- 4.** Repeat until the batter is finished.

Variations

- Add an egg to make these fluffier and higher in protein
- Add a handful of extra fresh, frozen or canned veg to bulk these up and make them healthier.
- Add pops of flavour like pepper, curry powder, sundried tomatoes, chillies, italian herbs or olives
- Try a sweet spin on these by adding banana, frozen berries, tinned pears or other fruit. Eat them like pikelets!

Healthy Fragrant Chicken Meatballs



Prep time: 15 minutes
Cook time: 25 minutes
Serves: 30

Ingredients

- 500 g chicken mince
- 4 spring onions (including green tops), finely chopped
- 1 red chilli, finely chopped
- 1/4 cup coriander stalks and leaves, finely chopped
- 1 tsp fresh ginger, grated
- 3 tsp salt-reduced soy sauce
- 1 egg
- 1 cup panko bread crumbs

Method

- 1.** Preheat oven to 220°C (200°C fan forced) and line a large baking tray with baking paper.
- 2.** In a large bowl, mix together all ingredients, with only half the breadcrumbs to start. Gradually add more breadcrumbs until the mixture holds together. Only use as much as you need.
- 3.** Scoop up a heaped tablespoons of mixture and tap out onto a clean work surface. Repeat until all the mixture is used. Then, using wet hands, shape and roll each ball and place onto the tray. This method is much cleaner and faster than scooping and rolling one ball at a time.
- 4.** Bake for 25 minutes, until just cooked through.

Variation:

- Swap the ginger and coriander for garlic and parsley for an Italian twist.
- Chicken mince can be swapped for lean pork mince.

To freeze, spread in a single layer in a container or ziplock bag. Once they are frozen you can transfer them to a different container (not in a single layer) if desired.

To defrost, put in the fridge overnight or reheat on a plate in the microwave for approximately 1 minute.

Hummus Four Ways

Prep time: 15 minutes
Serves: 8



Ingredients

- 1/2 clove garlic, peeled
- 1x 400g can no-added-salt chickpeas
- 1 tbs hulled tahini paste
- 2 tbs olive oil
- 2 tbs lemon juice
- 1 1/2 tsp ground cumin, optional
- pepper and salt, to taste

Method

Classic hummus

1. Mince or grate the garlic. If you are using a food processor with a small bowl you can use it to do the garlic too.
2. Drain and rinse the chickpeas and add to the food processor with the other ingredients.
3. Blitz the ingredients (except pepper and salt), adding a tablespoon of very cold water at a time to help it blend. Keep adding water and blitzing until it's smooth and a texture you like.
4. Taste, and season with pepper and salt if required.

Roast pumpkin

- Add 1 cup (175 g) roasted pumpkin and 2 cloves roasted garlic.

Beetroot and mint

- Add 225 g tin of beetroot, drained (or roasted beetroot) and fresh mint.

Mediterranean

- Add 2 tablespoons olives and 2 tablespoons sundried tomatoes.

Toasted Breakfast Muesli Bar

Prep time: 5 minutes
Cook time: 45 minutes
Serves: 8

Ingredients

- 2 ripe bananas
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1 1/3 cups untoasted muesli
- 2/3 cup bran sticks (e.g. Allbran™)

Method

- 1.** Preheat oven to 180°C (160°C fan forced). Line base and sides of a 20 x 20cm cake tin with baking paper.
- 2.** Mash bananas and vanilla in a medium bowl with a fork. Add remaining ingredients and mix until well combined.
- 3.** Spoon mixture into prepared tin, smoothing the surface to an even thickness. Bake for 20 minutes until golden, remove from oven and allow to cool in tin for 5 minutes. Cut into 8 pieces then return to the oven and bake for a further 20 minutes to crisp up. Once cool to touch, allow bars to cool completely on a wire rack.
- 4.** Before serving, place in a toaster to reheat and crisp up.

Variations

- Make a gluten free version by swapping the muesli for a gluten free granola and the wheat bran for rice bran, oat bran or ground flaxseed.
- Include a tablespoon of chia seeds or chopped nuts (add nuts for after school snacks).
- Instead of muesli, use 1 cup rolled oats and 1/3 cup dried fruit such as cranberries, currants, sultanas or chopped dates, figs or apricots.

Sweetpea Smoothie

Prep time: 5 minutes
Serves: 2



Ingredients

- 2 small banana, frozen
- 1/2 cup reduced-fat milk, frozen into cubes
- 1/2 cup reduced-fat milk
- 1/2 cup no-added-salt chickpeas, drained
- 1 tbs peanut butter (no added sugar or salt)
- 1 date, pitted
- 1/2 cup water, cold
- 2 tsp cocoa powder

Method

- 1.** Add all ingredients to a blender or jug that can be used with a stick blender.
- 2.** Blitz until desired texture is reached. Note: if your mixer is not very powerful, blitz everything together without any frozen ingredients, then add the frozen things a little at a time, blitzing as you go.

Variations

- You can substitute cow's milk with a plant-based milk alternative like soy (choose one that is fortified with calcium).

Choc Zucchini Muffins

Prep time: 10 minutes

Cook time: 20 minutes

Serves: 18



Ingredients

- Olive or canola oil spray
- 1/2 cup brown sugar
- 1/2 cup cocoa powder
- 1/2 tsp baking powder
- 1/2 tsp Baking soda (bicarbonate)
- 1 cup plain flour
- 1 cup wholemeal plain flour
- 3 eggs
- 200 mL reduced-fat plain yoghurt
- 2 tsp vanilla extract
- 3 tbs canola oil
- 2 cups zucchini, grated
- 1/2 cup sultanas

Method

- 1.** Preheat oven to 180°C (160°C fan forced). Spray muffin tins with oil.
- 2.** Place sugar in a large bowl and break up any lumps. Sift in cocoa, baking powder, bicarb and flours, returning husks from the sieve to the bowl.
- 3.** Lightly beat eggs in a cup with a fork then add to flour mix with yoghurt, vanilla and oil. Stir to combine (mix will still be quite dry), then mix in zucchini and sultanas.
- 4.** Spoon mixture into prepared muffin tins (makes 18) and bake for 20 minutes or until a skewer poked into the centre of a muffin comes out clean. Cool in tin for 5 minutes then turn onto a wire rack to cool completely.

Variations

Try other dried fruit like cranberries or raisins. Add 2 tbs chopped nuts or seeds (add nuts for after school snacks).

More information

Healthy lunchbox ideas

Crunch&Sip®, Cancer Council WA

www.crunchandsip.com.au/healthy-lunchboxes

Allergies

Anaphylaxis Australia

allergyfacts.org.au

Allergy aware

allergyaware.org.au/parents-carers

Canteen support

Fresh SNAP

www.freshsnap.org.au/canteens/

Foodcore

www.foodcore.org.au/

Healthy eating

eatforhealth.gov.au

Healthy recipes for the whole family

LiveLighter®

livelighter.com.au/recipe

Fueling kids for sport

Fuel to Go & Play®, Food Core

www.fuelto.go.com.au/

Food support

Foodbank WA

www.foodbank.org.au/?state=wa

OzHarvest

www.ozharvest.org/food/receive-food-individuals/

SecondBite

secondbite.org/food-finder/

Label Reading Wallet Card



Compare the per 100 g/mL column	Best choice	OK sometimes	Too high
SATURATED FAT	Under 1.5 g	1.5 – 3 g	Over 3 g
SUGAR - FOOD	Under 5 g	5 – 15 g	Over 15 g
- DRINKS*	Under 2.5 g	2.5 – 5 g	Over 5 g
SODIUM (SALT)	Under 120 mg	120 – 400 mg	Over 400 mg

*Drinks without added sugar or sweetener like water and plain milk are best.

Compare the per serving column	Excellent	Good	Low
DIETARY FIBRE	Over 7 g	4 – 7 g	Under 4 g

More fibre is good for health.

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