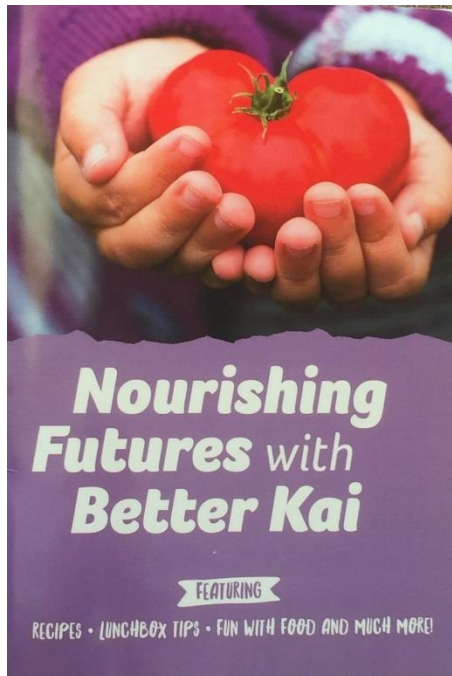


# Nourishing Futures with Better Kai



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# Te Tai o Poutini - West Coast

- ▶ From one end to the other, West Coast is the same distance as Auckland to Wellington
- ▶ 32,000 people
- ▶ 3,200 Māori
- ▶ Approximately 2000 pre-schoolers
- ▶ Almost 50% of children reside in NZDep 8,9 and 10 areas (high deprivation)
- ▶ 5 supermarkets
- ▶ More than 30 ECEs, Play Centres and playgroups



# Identifying a need

- ▶ Teachers, parents, partner agencies and public health nurses said an 'all in one' resource needed
- ▶ People were not engaging with current resources but finding recipes and practical information useful
- ▶ I had about 20 or more one page documents, so I thought 'why not compile them?'
- ▶ Workshops were invaluable for the development of this resource and the selection of recipes









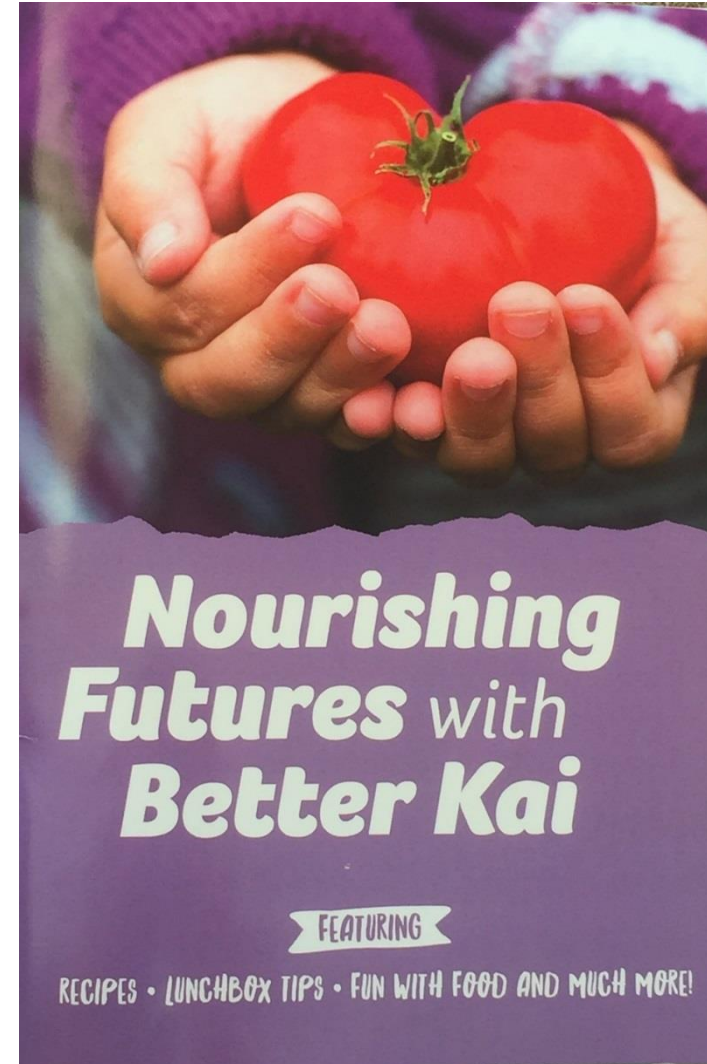
# Plethora of misinformation....

- ▶ Coconut yoghurt is much healthier than regular yoghurt
- ▶ Dairy is very bad for you
- ▶ Aren't sandwiches bad?
- ▶ Is butter better now?
- ▶ Fruit strings are 60% fruit juice, aren't they?
- ▶ Is the food pyramid still relevant?
- ▶ Is the paleo diet how we should be eating?



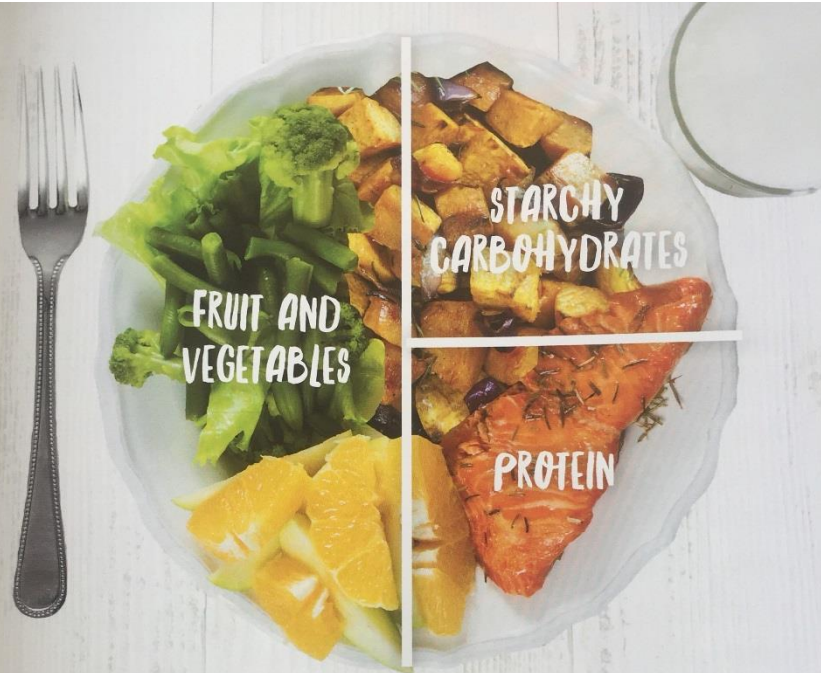
# Nourishing futures with better kai

- ▶ A real need for a user friendly, robust, all-in-one nutrition resource designed for parents and caregivers of children under 5
- ▶ Evidence-based nutrition in a user friendly resource that can be used everyday
- ▶ A resource designed to help caregivers with all things nutrition to set up healthy habits for life, by providing a range of healthy foods from a young age that are affordable and practical



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## A healthy plate

The plate model illustrates a balanced plate with lots of different nutrients.

- Fill half the plate with non-starchy colourful vegetables (e.g. cauliflower, silverbeet, carrots, tomatoes, salad, broccoli)
- Allow quarter of the plate for protein (e.g. lean meat, chicken, seafood, eggs, tofu, beans, lentils)
- Allow quarter of the plate for starchy carbohydrates: vegetables/wholegrains (e.g. potatoes, rice, kumara, corn, pasta, yams, couscous, bread, taro or parsnips)
- Try to purchase reduced salt versions of stocks, baked beans, no added salt tinned beans etc. Some brands also offer a no added sugar variety - look out for these as they often do not cost more



# Challenges

- ▶ Common perception that healthy kai is expensive and unattainable
- ▶ Initial goal was \$2.00/day, stretched to \$2.31 average
- ▶ Working with seasonal produce and minimising time spent on preparation





# Common lunchbox items...



\$0.44 per serve



\$4.50 per 'lunch'



\$1.69 per cup

## Replaced by...



\$0.50 per banana



\$0.25 per egg



\$0.75 per serve



\$0.31 per serve



\$0.76 for two cases



\$0.63 per serve



### MENU THREE:

Rice crackers	= \$2.49 per packet 5 serves	} 50c / serve
Fruit yoghurt	= \$3.79 per 6 pack 6 serves	} 63c
Steamed broccoli	= \$1.49 per head 3 serves	} 50c
Kiwifruit	= \$1.89 for 7 kiwifruit 7 serves	} 27c
Boiled egg	= \$2.99 per 12 eggs 12 serves	25c / egg
Bobby banana	= \$3.49 for 7 bananas 7 serves	50c / banana
Total for this lunchbox		\$2.65

**TIP!** Swap broccoli for carrots or a cheaper vegetable or fruit.

MAKE THIS  
GLUTEN FREE  
BY USING GF  
CRACKERS



### MENU FOUR:

FIND THIS RECIPE  
ON PAGE 20

Homemade muesli slice		31c / serve
Fruit yoghurt	= \$3.79 per 6 pack 6 serves	} 63c
Carrot sticks and hummus	= \$2.99 for tub hummus 5 serves	} 60c
	= \$2.39 for 8 carrots (kg) 16 serves	} 15c
Kiwifruit	= \$1.89 for 7 kiwifruit 7 serves	} 27c
Bobby banana	= \$3.49 for 7 bananas 7 serves	50c / banana
Total for this lunchbox		\$2.46

Prices as of 30/4/2017

MAKE THIS  
GLUTEN FREE. USE  
GF INGREDIENTS TO  
MAKE MUESLI  
SLICE



## Sandwich filling ideas

Sandwiches are a quick, easy and delicious addition to the lunch box. Whole meal or multi-grain bread is the best choice, as it provides a good source of fiber. Alternatively, wholegrain wraps, rolls or pita breads can be used. Sandwiches can be made the night before and stored in the fridge overnight.

Please check your child's preschool/ kindergarten/playcentre guidelines on foods that may cause allergic reactions for other children.

- Banana and peanut butter
- Canned fish with tomato or cucumber
- Grated cheese, onion and a teaspoon of mayonnaise
- Grated cheese, lettuce and a teaspoon of mayonnaise
- Cold meat, pickle, sliced salad vegetables (e.g. tomato, lettuce etc)
- Cold meat and chopped fresh herbs (e.g. mint, parsley)
- Cream cheese, mixed herbs, sliced tomato and cucumber
- Chicken, sliced celery and a teaspoon of mayonnaise
- Grated apple, chopped raisins and peanut butter
- Low fat ham, sliced tomato and lettuce
- Mashed egg
- Mashed avocado and lean ham/other cooked meat
- Peanut butter with grated carrot and apple
- Marmite/Vegemite and cheese
- Jam and cheese
- Grated carrot and cheese
- Lettuce and Marmite
- Cheese and relish
- Lettuce and tomato
- Lettuce, avocado and tomato
- Lower fat varieties of cheese are recommended (such as edam or cottage cheese)

### Alternatives to Sandwiches

Sandwiches are a typical lunchbox filler- but there are other great options too! If you run out of bread, or prefer to make something else there are plenty of great options for everyone.

- Left over roast vegetables
- Left over rice or rice salad
- Pasta or pasta salad
- Left over macaroni cheese (see recipe)
- Mini frittatas
- Sushi
- Savoury scone
- Wholegrain crackers and hummus
- Rice or corn cake with toppings
- Fruit bread sandwiches
- Hot cross bun
- Couscous
- Mousetraps
- Left over baked potato
- Leftover homemade pizza
- Soup in flask
- Left over stir fries/noodle dish

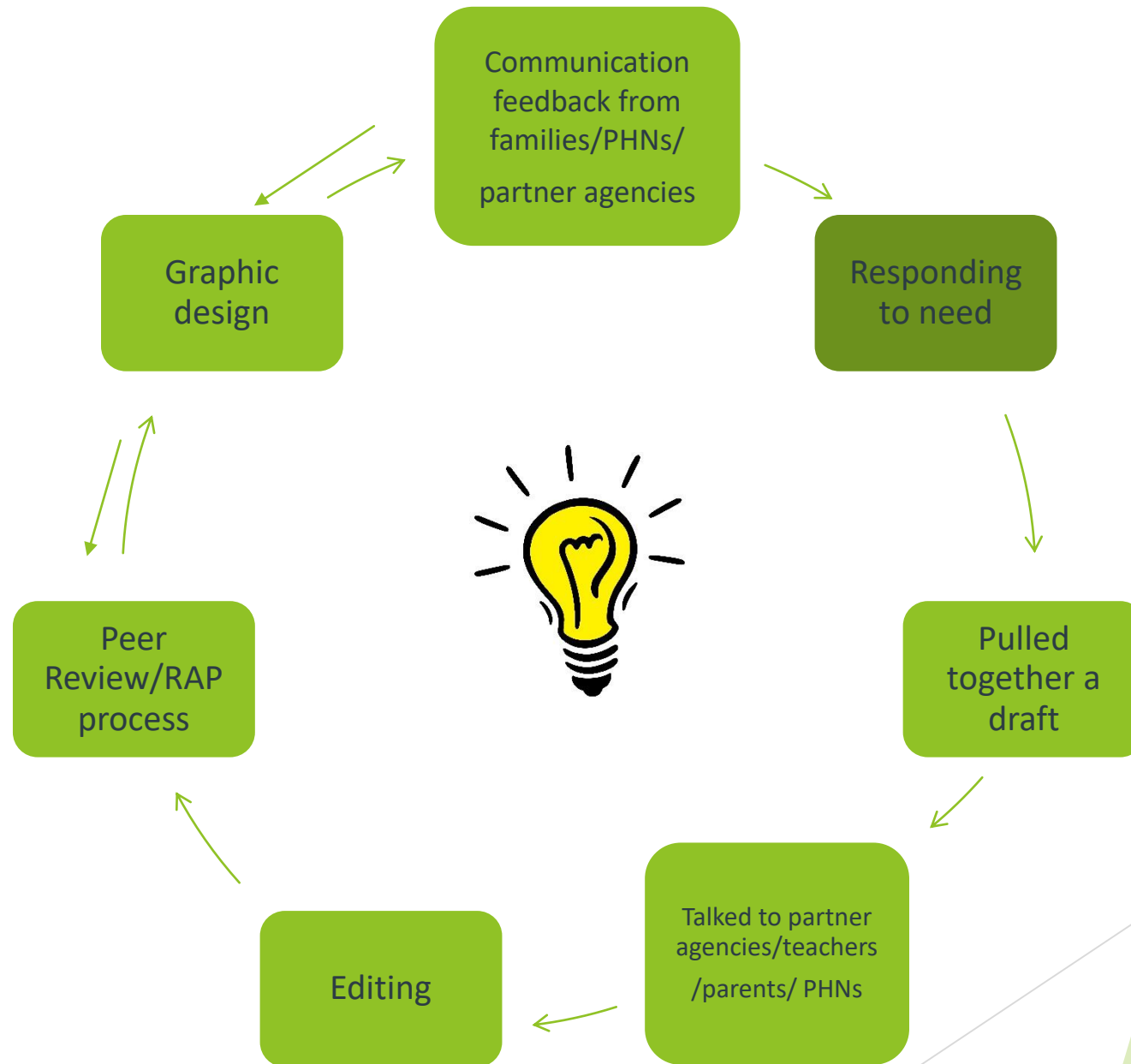
# Key messages

- ▶ Swap a packet for a piece of fruit or vegetable
- ▶ Water and milk are the best choices
- ▶ Try to include a variety of foods across the core food groups: fruit and vegetables, grains and starchy vegetables, legumes, fish, seafood, eggs, poultry and meat, milk, yoghurt and cheese and healthy oils, nuts and seeds
- ▶ Do the best you can with whatever budget you have
- ▶ Be crafty to minimise waste
- ▶ Give your tamariki some choice where possible “apple or orange, yoghurt or milk?”
- ▶ Set aside leftover dinner, or prepare lunchboxes at the same time
- ▶ Eat on your seat and not on your feet



# The process

The review and design process took a lot of time and was repeated several times



# Distribution

- ▶ Printed on glossy, durable paper to preserve its life in the family home and in the kitchen
- ▶ Currently available electronically on the Community and Public Health website [www.cph.co.nz](http://www.cph.co.nz)
- ▶ A limited number of printed copies are currently being distributed to attendees of Early Childhood Nutrition workshops on the West Coast
- ▶ The ultimate goal is to have this resource available to every family



# Lessons we learnt along the way

- ▶ A final draft is never final...
- ▶ Trust the process, good things take time and it is well worth the wait
- ▶ A health professional's idea of what is useful is not always what is actually useful and practical
- ▶ Everyone wants the same thing - for our tamariki to grow up healthy, happy and thriving. Our job is to support, educate and empower the people in our communities to feel like this is within their reach

# Next steps

- ▶ Developing an evaluation to capture feedback from parents, caregivers, teachers, health professionals and partner agencies
  - ▶ Continue with workshops and increase distribution
  - ▶ Develop similar resources for older age groups, in particular 5-12 year olds
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- ▶ Contact Jade Winter, (03) 7681161 or [jade.winter@cdhb.health.nz](mailto:jade.winter@cdhb.health.nz)