



## Think outside the Lunchbox! Fresh ideas for each day of the school week

The annual Bakers Delight Lunchbox Survey has revealed that Australian children are being fed a repetitive diet every day of the week. To help parents think outside the lunchbox and improve kids' diets, Bakers Delight is offering the following top tips and sandwich suggestions:

- **Shake things up** – don't just stick to white bread, spice things up by using new varieties, such as Wholemeal Country Grain, Apricot Delight or try Cape Seed with ricotta, banana and honey for something different. Kids will enjoy the different flavours and how they complement the fillings.
- **Get kids involved** – 60 per cent of parents believe they can get children to eat the healthy options if they are more involved in making the choices. Let your kids have a say in what they want in their sandwiches and bargain with them to get them to eat healthy fillings.
- **Mix and match** – like the contents of your wardrobe, sandwich fillings can also be mixed and matched to create fantastic new flavours. Give the bread a boost with some grated carrot or tasty tomato relish to liven up meat or cheese.
- **The heat is on** – make a meal out of a toasted sandwich with a twist, cut a small wholegrain roll in half and grill with a tomato base, thinly sliced zucchini or capsicum and cheese to make mini pizzas that kids will shout about on the playground.
- **On the side** – make a delicious salad and include a small bun on the side for a change.
- **Left overs** – it is amazing how versatile left overs can be! Save yourself purchasing numerous sandwich fillings and create a lunchbox treat from last night's dinner a couple of times a week.
- **Be creative** – add some thrills by making fun shapes out of the bread. Cut two triangles in the centre of the quarter to make a star or cut the bread into thin strips or just use a small bowl to make a round face shape – the opportunities are endless!



RECIPE SUGGESTIONS OVERLEAF...

# Bakers Delight

## The Classroom Combo

Plain, boring sandwiches are a thing of the past and variety is the spice of life. So try this half/half combo that'll keep kids' taste buds working overtime and their energy levels up through the afternoon.

Cut two slices of Bakers Delight Wholemeal Country Grain Loaf in half to create triangles. Top one triangle with plain or flavoured tuna, sliced tomato and a slice of cheese. Finish this with another triangle. Then, top another with sliced apple (lightly coat with lemon juice to stop the apple from browning), sultanas and a light spread of cream cheese. Again finish this with the last triangle. This creates two sandwich triangles.

### Lunch Box Tip

Freeze your water bottle overnight to keep your lunch box contents fresh and cool.

### Benefits

Bakers Delight Wholemeal Country Grain Loaves & Rolls

- Low GI for long lasting energy throughout the afternoon
- High in fibre for digestive health
- Contains 6 grains and seeds
- Preservative free



## Lunchtime Legend

Pack a whole host of ingredients into this double-decker sandwich with the goodness of added fibre and anti-oxidants from alfalfa sprouts that kids need to stay healthy.

Take three slices of Bakers Delight Wholemeal Loaf. Top one slice with turkey breast and alfalfa sprouts. Cover with another slice and top this with sliced boiled egg, cos lettuce leaves and sliced tomato; finish with the final bread slice.

### Lunch Box Tip

Involve the kids in making lunch so you can be sure they are taking a healthy choice to school. And, they'll also be more likely to eat it! Cut up the ingredients and get the kids involved in creating different sandwich combinations.



### Benefits

Bakers Delight Wholemeal Loaves & Rolls

- Goodness of wholegrains without the crunchy bits
- High in fibre for digestive health
- Rich in B vitamins for energy release
- Preservative free

MORE...

# Bakers Delight

## On a Roll

A classic roll with a classic filling. The lunchbox survey found that only 18 per cent of parents use eggs as a sandwich filling, but don't forget eggs are packed full of goodness and can assist in maintaining concentration levels throughout the day by helping the lunchbox meal last longer.

Fill a Bakers Delight Wholemeal Country Grain Roll with mashed egg and mayonnaise, then add sliced tomato and lettuce.

### Lunch Box Tip

Variety is the key! Kids will get bored with their lunches if it is the same thing everyday. Mix up sandwich fillings to keep kids on a healthy track.

### Benefits

Bakers Delight Wholemeal Loaves & Rolls

- Goodness of wholegrains without the crunchy bits
- High in fibre for digestive health
- Rich in B vitamins for energy release
- Preservative free



## Class-topping Toastie

We know kids adore white bread, so why not try a high fibre and low GI white bread to keep your child's mind ticking over all afternoon – your kids will enjoy their favourite type of bread, and you know they are getting the fibre they need.

Take two slices of Bakers Delight Hi-Fibre Lo-GI White Loaf and fill with baked beans and cheese. In the morning before school, toast in a jaffle maker to seal the edges. Cool and pack in the lunchbox.

### Lunch Box Tip

Provide a range of food types in your child's lunchbox to contribute to a balanced diet. Fresh or dried fruits, nuts, fruit bread and vegetables make for healthy snacks.

### Benefits

Bakers Delight Hi-Fibre Lo-GI Loaves and Rolls

- High in fibre for digestive health
- Low GI for long lasting energy throughout the afternoon
- Preservative free



MORE...



## The Big Kid's Burger

Fresh meat is packed with zinc and other essential nutrients to help a child stay healthy, but many parents are relying on savoury pastes instead of using fresh meat as a sandwich filling. Try this yummy combination for sustained energy throughout the afternoon.

Fill a Hi-Fibre Lo-GI roll with a cooked rissole or mince patty, add plenty of shredded lettuce, beetroot and grated carrot.

### Lunch Box Tip

Leftovers can make great sandwich fillers – rissoles, or last night's roast beef with fresh salad, these filling combinations are sure to be a weekly favourite.

### Benefits

Bakers Delight Hi-Fibre Lo-GI Loaves and Rolls

- High in fibre for digestive health
- Low GI for long lasting energy throughout the afternoon
- Preservative free



**ENDS**

### For further information or photography please contact:

Carrie Morgan, Rebecca Stalker or Susan Swann

Keep Left Public Relations

Tel: 03 9510 3910

Mob: 0420 749 347 (Carrie) / 0433 099547 (Rebecca) / 0412 841 735 (Susan)

Email: [carrie@keepleftpr.com.au](mailto:carrie@keepleftpr.com.au) / [rebecca@keepleftpr.com.au](mailto:rebecca@keepleftpr.com.au) / [susan@keepleftpr.com.au](mailto:susan@keepleftpr.com.au)