

# Back-to-SSSSSchool Food!

Need some creative ideas for back to school food for fussy kids that are healthy, quick and that will actually eat? Here are **5 Simple** tips to help you get those nutritious fruits and veggies into your child's diet



## 1. Smooth It!

**Smoothie** are everywhere nowadays mainly because they are both delicious and packed with nutrients. They can, however, also be packed with sugar, so try to do them at home! Use an inexpensive [smoothie maker, blender or juicer](#), and get creative with your kids using variations on any of the following ingredients:

- Berries, Bananas, Apples, Mangoes, Melon, Peaches, Pineapple, Fruit Juice..
- Avocado, Spinach, Kale, Pumpkin, Peas, Cucumbers, Carrots, Broccoli...
- Milk, Yogurt, Soy Milk, Almond Milk...
- Cocoa, Cinnamon, Vanilla...

Or... ask your kids to [surf the web](#) for their own concoction!

While you're smoothing it, think of **soup**! Try blending last night's ratatouille, tomato sauce, cauliflower or broccoli into soup for lunch. Warm it up and put it into a fancy mug to accompany the kid's sandwich. Alternately, use cucumber, melon or tomato to whip up a cold soup.

## 2. Stick it!

Kids love food on skewers! Add a healthy dip and lunch, snack or dinner is served! Try sticking:

- Beef, courgette, and red pepper with sun dried tomato pesto
- Fish or Shrimp with Lemon-Basil Pesto
- Pork and Pineapple with soy sauce
- Chicken and apricot with mango chutney
- Cherry tomato and mozzarella with basil pesto or olive oil dip
- Cherry tomato, shrimp, cucumber with tzatziki dip
- Ham, Cheese and Cherry Tomato with mayo or mustard dip
- Watermelon and Feta Cheese
- Chicken with Satay Dip
- Pineapple, ham, spinach leaves, dipped in low sugar BBQ sauce.
- Mini poultry sausages with cherry tomatoes, dipped in low sugar BBQ sauce
- Meatballs, cheese cubes, cherry tomato, pickle, dipped in low-sugar ketchup
- Mixed fruits with Honey-Yogurt Dip or fruit smoothie dip (see above)
- Mixed fruits dipped in melted chocolate



## 3. Sneak it!

Sneaking fruit or veg into dishes can be a great way to add texture, flavour and nutrients., try:

- In baked goods like pies, tarts or muffins: double the fruit quantity and replace half of the butter by fruit (banana or apple work well!)
- In baked goods, like cookies or brownies: replace half the butter with mashed banana or apple compote
- Add grated carrots to bolognese sauce for pasta or lasagne
- Add raisins, bananas and other fresh or dried fruits to hot or cold cereals
- Add bananas or berries to pancakes
- Replace candy bowls with dried fruit like raisins, apricots or blueberries
- Keep bags of frozen vegetables in the freezer to add to stews and stir-fry
- Keep bags of frozen fruits in the freezer to add to yogurt or ice cream
- Add broccoli florets or julienne carrots to pasta, rice or potato salad
- Add spinach, mushrooms or grated courgettes to tomato sauce
- Mash beans, add corn and carrots to chili or stews
- Shred zucchini, carrots or mushrooms into ground meat or hamburger

## 4. Snack it!

Snacks can play an important role in providing the nutrients and energy needed for good health and growth. Snacks can also keep children from becoming too hungry between meals and can provide a great opportunity to offer new foods. Try:

- Popcorn is a healthy whole grain when prepared at home with minimum oil and salt
- Dried Fruit such as apricots, raisins or berries
- Yogurt with fruit compote
- Whole grain cereal or bread
- Small packets of omega-3 [healthy nuts](#)
- Whole grain bread-sticks with peanut butter
- Cheese
- Piece of Chocolate with banana
- Homemade fruit compote, just cook and mix



## 5. Say it!

It can be tricky to speak to children in just the right way in order to foster interest and learning without forming lots of rules around food. The aim is to build positive food associations from the start and encourage them to make healthy food choices as they grow up, because they *want to* not because they *have to*. For young babies, try reading books and taking them food shopping while talking to them about what they see. For older kids try to associate foods with the kids strengths and interests.

Since children generally seek to please their parents, try to acknowledge their good eating habits and healthy choices with positive feedback which can produce lasting positive effects. Try:

- “I like the way you chose that piece of fruit.”
- “I’m so proud that you’re learning to make good food choices to help you grow strong and be smart!”
- “Wow! I see all the food groups on your plate!”
- “Yummy, those vegetables and fruits are my favourites, too!”

## And if all else fails....Supplement it

If, despite all your efforts, you still fear your children are not getting enough fruit and vegetables, consider supplementing their everyday diet with a supplement. Ask your paediatrician to recommend a quality brand in your area.