Healthy Eating Advisory Service

# **Food and drink ideas** Keys to a healthy sandwich



Outside School Hours Care



## Food and drink ideas Keys to a healthy sandwich



( Outside School Hours Care )

#### Healthy Eating Advisory Service

### 1. Choose the bread

Best choices:

- Wholemeal
- Wholegrain
- Multigrain

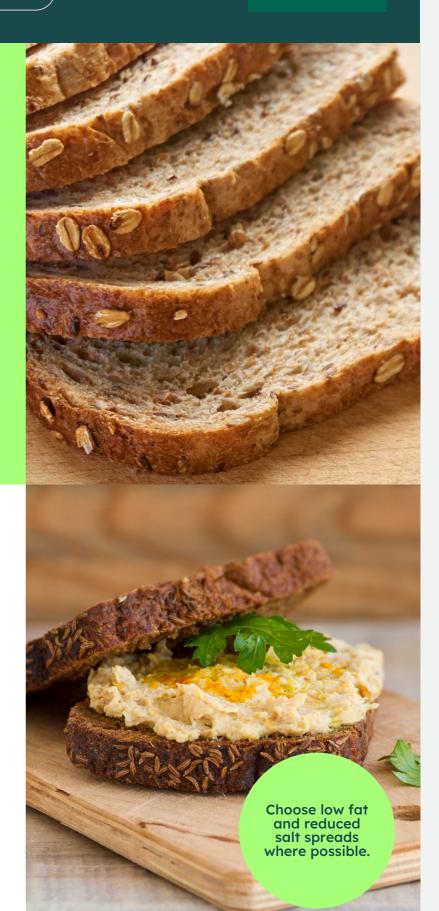
Also try:

- Rye bread
- Sourdough
- Fruit bread
- Mini dinner rolls, rolls or bagels
- English muffins or crumpets
- Flat breads/wraps, pita or tortilla
- Focaccia or Turkish bread
- High fibre white bread

### 2. Choose the spread

Choose low fat and reduced salt where possible.

- Hummus, spring onion dip, tzatziki, vegetable based dips, salsa
- Cream cheese, cottage cheese, ricotta
- Creamed corn, mashed avocado
- Pesto, mayonnaise, sweet chilli sauce, cranberry sauce, gherkin spread, chutney, mustard, relish
- Tomato sauce
- Margarine



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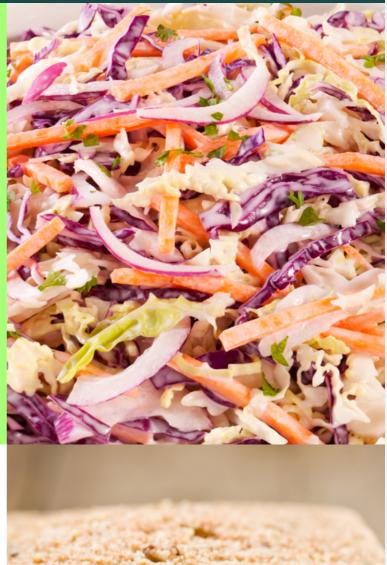
-> (Early childhood services

### 3. Add some vegetables

- Coleslaw
- Chargrilled zucchini, eggplant, capsicum
- Shredded lettuce, baby spinach leaves or salad mix
- Grated carrot
- Thinly sliced vegetables (e.g. tomato, cucumber, capsicum)
- Beetroot
- Corn kernels

### 4. Add some protein

- Chicken or turkey
- Tuna (in springwater) or salmon
- Egg, boiled, scrambled, sliced or mashed
- Lean ham or pastrami
- Grated cheese, cream cheese, cottage cheese
- Roast beef, beef rissoles or burgers
- Baked beans (salt-reduced)
- Peanut butter (if policy allows)
- Baked falafel
- Sliced meatballs or bolognaise sauce







### Sandwich combination options

| 1. Bread                                   | 2. Spread    | 3. Vegetable                    | 4. Protein                |
|--|--------------|---------------------------------|---------------------------|
| Wholemeal                                  | Mayonnaise   | Coleslaw                        | Roast chicken or turkey   |
| Pita bread                                 | Pesto        | Chargrilled vegetables          | Roast chicken             |
| Mini dinner rolls                          | Salsa        | Corn kernels and grated veggies | Tuna                      |
| Bagel                                      | Chutney      | Salad                           | Roast beef                |
| Sourdough                                  | Cream cheese | Tomato                          | Lean ham                  |
| English muffins (toasted or open sandwich) | None         | Baked beans                     | Grated cheese             |
| Wrap (pita or tortilla)                    | Hummus       | Salad                           | Grated cheese             |
| High fibre white bread                     | Margarine    | Grated carrot                   | Grated reduced fat cheese |
| Fruit loaf or raisin bread                 | Cream cheese | Grated carrot and sultanas      | Cream cheese              |
| Fruit loaf or raisin bread                 | Honey        | Banana and currants             | Ricotta                   |



- Cut sandwiches into triangles or squares to make it easy for little hands.
- English muffins make great healthy pizza bases. Split the muffin in half and use each piece as a base. Try making faces out of the toppings this makes adding veggies more fun!
- Include bread and fillings in lunchboxes and allow children to construct their own sandwich.
- Children are more likely to try new sandwich combinations if they have catchy names, such as:
  - Zebra or tiger sandwich: One slice of white bread and one slice of wholemeal bread with your choice of toppings. It's a great way to add wholemeal/grainy bread to the menu!
  - Traffic light sandwich: Two slices of bread spread with red, orange and green fillings. Cut the sandwich into fingers, and then cut three circles out of the top slice of each finger to reveal the 'traffic lights'.
  - Pinwheel or sushi sandwich: A slice of bread with a spread and fillings (e.g. avocado, cheese and grated carrot), rolled up, cut in half and displayed with the filling showing.





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