



Ka Pai Kai!

Easy steps to great lunches!



Refer to the Ministry of Health nutrition guidelines for further information about providing suitable kai for each age and stage.

For more ideas go to **healthykids.org.nz**

This resource is available from healthd.govt.nz or the Authorised Provider at your local health district.

Health New Zealand
Te Whatu Ora

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1 Take wholemeal bread, a bun, wrap or crackers ...

+ some fillings ...

+ some veggies ...

2 Add some fruit ..

3 Then add any extras

Make

water
your
choice of
drink

Other great options:
leftovers, stir-fry,
hangi, chop-suey
soup, curry and
much more...

PTO

