

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 health.govt.nz or the Authorised Provider at your local health district.

Health New Zealand
Te Whatu Ora

NUT0045 June 2025

1

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



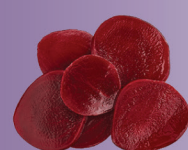
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some fillings ...



+



some veggies ...



2

Add some fruit ..



Make



water
your
choice of
drink

3

Then add any extras



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

PTO

