

Lunchbox Warrant of Fitness

Kids need healthy food during the school day to give them energy for learning and play.

"Maintaining a healthy approach to lunch boxes day after day, term after term, can be a mind numbing experience.

Just the primary school years will work out to be 7 years of filling lunch boxes!" says Hutt Valley DHB- based dietician Emmeline Haymes.

"But the lunchbox is a great way for you to teach your child about a healthy diet.

"Their lunchbox will become the envy of others and will give them the gift of healthy eating for life."

Healthy lunchboxes don't need to be boring or time-consuming. With younger children, many parents find it easier to use fishing tackle containers and fill the compartments with a variety of food. Children love having a selection of food to choose from – the more variety of colour and texture the better.

Research shows that eating habits are largely established in childhood.

So it will be much easier for your children to maintain the habits you teach them, than to try and establish new ones for themselves in adulthood.

Fruit, vegetables, cheese, salad and healthy carbohydrates are the best foods to pack into your child's lunch box.

For more inspiration on healthy lunches visit: www.fuelled4life.org.nz

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Active kids, healthy kids



Getting children active from a young age is not only important to their health, but also their brain development and confidence. It also teaches them that moving your body can be fun - setting them up for a lifetime of healthy activity and sport.

Sport Wellington has

a new Preschool Active Families Programme on offer for families.

The free 6 - 12 month programme aims to increase the health, confidence, physical activity and nutrition of children and their whole whānau/family.

Talk to your GP about a referral.



Hide and seek sugar -The World Health Organisation recommends that a child's sugar intake is limited to three teaspoons a day and six for adults. Sugar is often hidden in foods, especially some 'health' drinks. Have a look at how much hidden sugar you or you child may be drinking.

Hutt DHB on target for healthy kids

Latest health target data shows Hutt Valley DHB is making good progress in meeting the new Raising Healthy Kids target.

"The target is a key part of the Government's Childhood Obesity Plan," explained Minister of Health Jonathan Coleman.

"We want to ensure that through the B4 School Check, kids and their families are

put in touch with primary healthcare professionals who can check for any clinical risk associated with obesity, and encourage families to take action."

The DHB is committed to meeting all the targets set out by the Ministry of Health and is dedicated to supporting tamariki and their families with quality support and access to information.



The purpose of the free B4 School Check is to promote health and wellbeing in 4-year-olds, and to identify any



health, developmental or behavioural problems that may have a negative impact on the child's ability to learn and take part at school.

As a result of the B4 School Check a child may be referred to an appropriate health, education or social service.

In some cases, this may mean referrals to experts in nutrition, activity and healthy

lifestyle.

Each DHB agrees to a target number of checks, undertaken by Plunket, Primary Health Organisations and Māori and Pacific Health providers to deliver in a year.

More information about the B4 School check is available on the Ministry of Health website or by contacting your WellChild provider.

Hutt Valley District Health Board - members



Andrew Blair



John Terris



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See our website for information