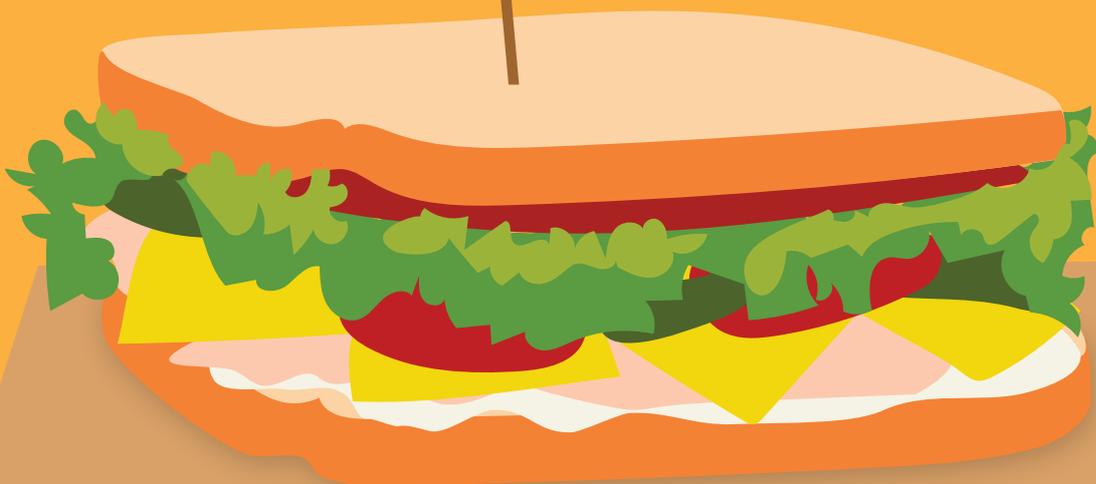
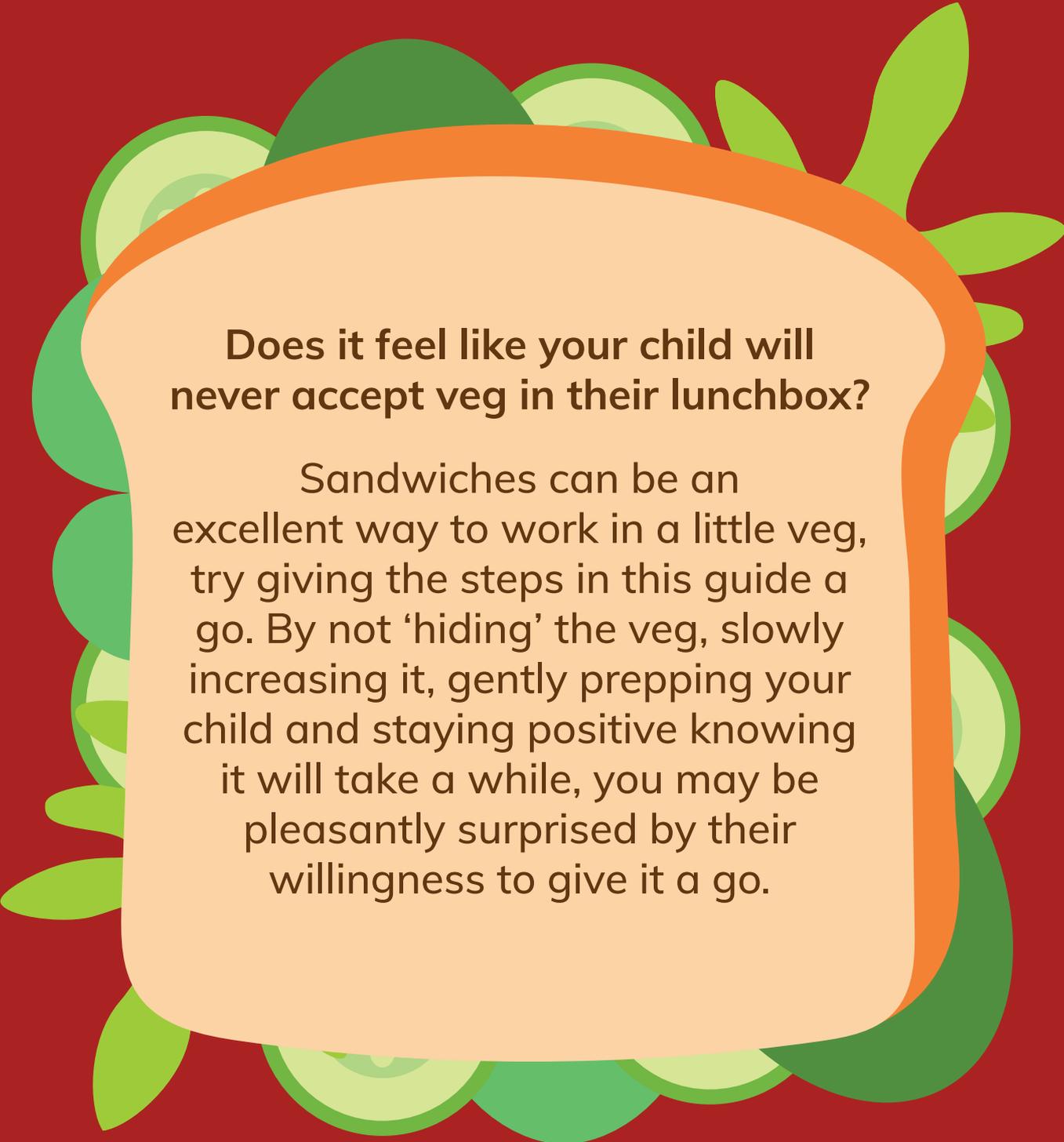


VEGPOWER

Send in the **SARNIES!**

How to gently
introduce more
veg into your
child's lunchbox





Does it feel like your child will never accept veg in their lunchbox?

Sandwiches can be an excellent way to work in a little veg, try giving the steps in this guide a go. By not 'hiding' the veg, slowly increasing it, gently prepping your child and staying positive knowing it will take a while, you may be pleasantly surprised by their willingness to give it a go.

Secrets of success!



Create the right environment - start slow and gentle, prepping your child in advance so they know what to expect, and including them in attempts to choose a veg to have a go with. It's always best for long-term results to help the child be aware of the veg they are eating from the start - hiding it doesn't work in the long run. The more involved they are and the more they engage with the veg and the process, the more likely it is that they will eventually taste it.

Lead by example - make sure they see you trying and enjoying the veg you are asking them to taste. You won't be there when they eat the lunchbox, so include the veg in dinner prep and snack time so they can see you eating it first.



Use non-food rewards - don't be tempted to reward trying veg with other foods, especially sweet treats - it tends to reinforce to a child that veg is "yucky" while sweet things are "yummy". Instead, try to find some non-food rewards like stickers, activities, or time spent with you. You can download some of our reward charts over here for free.





Get them involved - children who are involved in prepping and cooking healthy foods are more likely to eat them. Even if they aren't yet eating it, try to have them help you choose or shop for the veg and help you prep the lunchbox.

Let them catch you sneaking a piece of carrot while you are prepping and see if they'll join in the game!

Stay positive - keep the language around your child's engagement with the veg positive. Don't force them to eat it, and instead praise any attempts to engage, even if it's just licking the veg and spitting it out. Make engaging with veg fun and playful, adding a 'game' element and interacting without eating at first. Find some ideas for how to have fun with veg on our website.



Don't give up - don't expect overnight results. The first few carrot flakes in the sandwich may well be picked out. But don't lose hope, it can take a child dozens of times seeing and interacting with a veg before they start to accept it.

So give it time, and build the amount of veg up very slowly. They will get there eventually!

Our **super** sarnies

Try these twists on children's favourite sandwiches to help introduce more veg over time.

Remember to start small and build up slowly until you are able to do a sandwich with 50% veg!



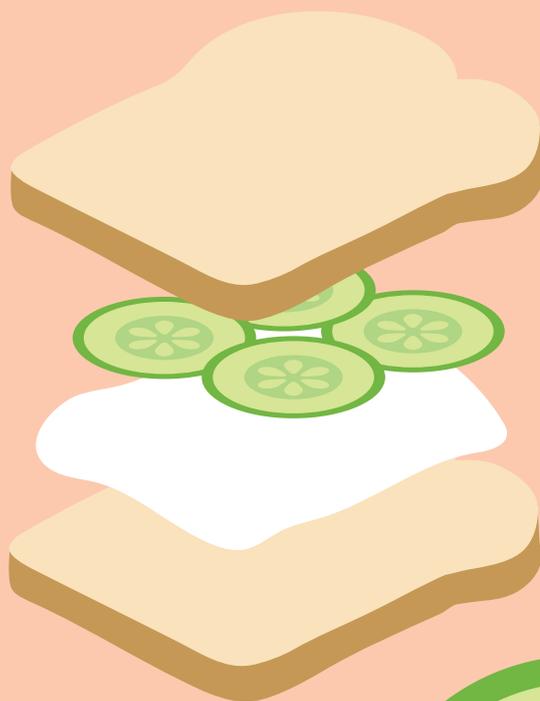
Ham & coleslaw

Start with a teaspoon of coleslaw added to a ham sandwich (remember this may take several attempts before it stops being picked out!), then slowly build up a teaspoon (or even half teaspoon) at a time, waiting until they are comfortable with the amount before building up again.

Aim to eventually have half-and-half ham and coleslaw in the sandwich

Cucumber & cream cheese

Start with just half a thin slice of cucumber in a cream cheese sandwich, then as they start to eat that, slowly add a thin slice at a time until they eventually accept a half-and-half cucumber cream cheese sandwich





Carrot & cheese or hummus/spread*

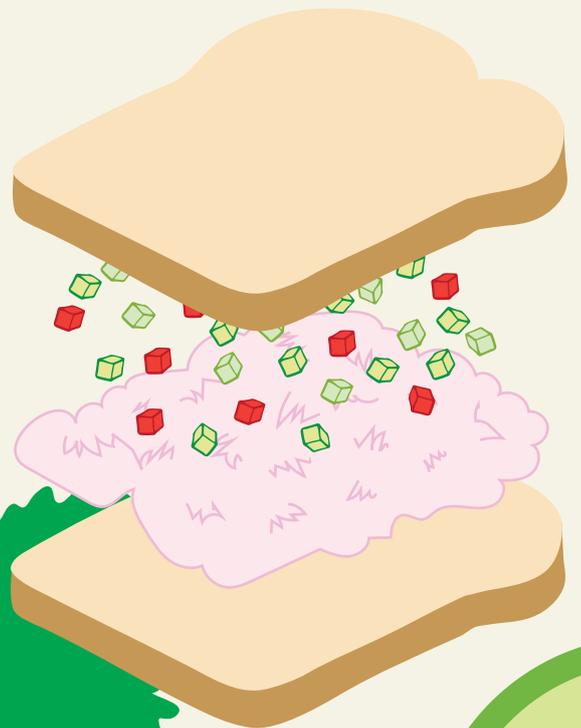
Start with just a few flakes of grated carrot in a cheese or hummus (or their favourite dip/spread) sandwich. Once those are being eaten (remember this may take a while), start to add a little more, a teaspoon or so at a time, until you have a half-and-half carrot and cheese (or spread) sandwich.

*check allergens with your school
- if sesame is on the list, try a different dip in place of hummus

Tuna salad

Start by chopping up any combination of celery, cucumber and red pepper into tiny chunks and mixing in with tuna and mayonnaise. Introduce a small amount of chopped veg first before building up with new ingredients until you have mixed in a third to a half crunchy veg to tuna in the sandwich.

Idea: add tiny chunks of chopped apple for a sweet kick



Get the kids involved: sandwich making offers a grate (!) chance to get kids prepping from grating carrot to slicing cucumber and mixing fillings! Get them to choose their veg and prepare it to go in their sandwich, preparing the night before if time is tight in the morning and keeping in the fridge overnight

EAT MORE VEG

80% of our kids are not eating enough vegetables. Veg Power is on a mission to inspire kids from early years through primary school and into their teens to veggie loving habits they will keep for life and in turn share with their children.

Don't let anybody tell you that getting kids to eat healthy veg is easy, it isn't!
So we've collected together the top experts and leading chefs to support you with their top tips:

simple recipes

how to get kids cooking

making veg fun

great snack ideas

more lunchbox hacks

amazing parent charts

top tips for fussy eaters



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