

# LUNCH BOX TIPS

FROM THE WELLNESS POLICY



## START YOUNG!

Provide your children with the proper eating skills, social support, and environmental reinforcement, that will give them life-long, healthy eating behaviors! Children need nutritionally well-balanced meals for physical, emotional and intellectual readiness to learn.

### SIMPLE THINGS TO REMEMBER *when you make your child's lunch:*



**Nut Free Please!** Due to severe life threatening allergies, all foods sent to school must be peanut/nut free; please check package labels for “contains or may contain traces of nuts or peanuts”.

### No Added Salt! No Processed Food!!

Serving foods with less salt means avoiding processed foods:

- Frozen meals (pizza, nuggets etc.)
- Canned meals (soup, pasta etc.)
- Packaged products (noodles & sauce, hot dogs etc.)



### No Sodas or Sugary Drinks!

Choice of beverages should include: Water, Milk (2% or 1%) or Chocolate milk, Fruit or Vegetable Juice (100%).

### No Candy Please!

Parents are encouraged to provide healthy food for their children since it's the best choice!



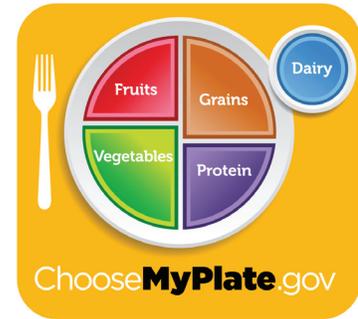


Bring more often:

# MAKING YOUR CHILD'S LUNCH CAN BE SIMPLE!

✓ Offer all **4 Food Groups** at each meal:

1. Vegetables and Fruit
2. Grain Products
3. Milk and Alternatives
4. Meat and Alternatives



Using "MYPLATE" to make sure your child is getting a **COMPLETE** nutritious meal!

✓ **MAKE MORE FOOD ON PURPOSE!** Pre-portion your leftovers (soup, chili, meat etc.) and freeze them for future lunches! Planning like this will save your valuable time.

✓ **CANNED AND FROZEN VEGETABLES AND FRUIT ARE EQUALLY NUTRITIOUS AS FRESH!** Make sure you rinse them to remove extra salt. This is a healthy and quick alternative if you run out of the fresh produce at home.

✓ **AT LEAST 4 COLORS PER MEAL!** Use foods that are bright and naturally attractive in color and texture.

✓ **ALWAYS PROVIDE A HEALTHY BEVERAGE!** Freeze the drink and use it as an icepack to keep the meal fresh.

✓ **USING AN INSULATED LUNCH BOX WILL KEEP COLD FOODS COLD AND HOT FOODS HOT!** Provide cutlery, napkins and even hand wipes to make sure that your child has an easy lunchtime.

✓ **ORGANIZE YOUR FRESH PRODUCTS RIGHT AFTER YOU GROCERY SHOP!** You can easily send your kids to school with them since they'll already be cut up!



✓ **DON'T STRESS!** The school nutritionists can help you with any nutritional questions/concerns you may have! Reach them at KMHC

**(450-638-3930, ext. 350)**