

## Packing a Healthy Lunch

Your child needs to have healthy foods to help him get through the day at school. Here are some ideas to help you prepare a nutritious lunch in a hurry. Your child's health is worth it!



## HEALTHY LUNCH BASICS

### The lunch box should include:

- ◆ 2 snacks (one fresh fruit or vegetable and one milk product)
- ◆ A lunch (sandwich or leftovers)
- ◆ A drink (milk, 100% juice or water)

### Make sure to include at least one food from each group on the list:

- ◆ A vegetable or fruit – fresh, canned, dried, or juice
- ◆ A whole grain – bread, tortilla, bagel, bun, crackers, pasta, rice, muffin
- ◆ A milk product - milk, yogurt, cheese, yogurt drink, fortified soy beverage
- ◆ Some meat, fish, poultry or alternative such as an egg, hummus or other dried beans (legumes) in soups, salads and dips

## TIPS

- ◆ Look for fresh fruits & vegetables in season.
- ◆ Vary the bread - try multigrain, pumpernickel, rye, pita, bread sticks, etc.
- ◆ Use leftover chicken, pork, tuna, ham, turkey or roast beef, as sandwich fillings or to top a salad.
- ◆ Add some apple pieces, green peppers, grated carrots, sliced tomato or cucumber to sandwiches.
- ◆ Prepare sandwiches in advance, wrap and freeze them individually. Avoid freezing eggs, vegetables and mayonnaise.
- ◆ Pack foods in small, easy to eat portions.
- ◆ Include bite size veggies - baby carrots, cherry tomatoes, red pepper slices.
- ◆ Keep the lunch box cool and safe with ice packs or frozen juice boxes.
- ◆ Make food look attractive, use color and texture contrast.
- ◆ Have your child help plan and prepare his lunches.
- ◆ Keep supplies handy to make packing lunch quicker and easier.
- ◆ Include easy to eat fruit like grapes, melon slices, orange wedges.
- ◆ For more healthy lunch ideas go to [www.dietitians.ca/HLTG](http://www.dietitians.ca/HLTG).



### **NUT FREE PLEASE**

*Due to severe life threatening allergies we ask that all foods sent to the school be peanut/nut free; please check package labels for "contains or may contain traces of nuts or peanuts".*