

Lunch Box Makeover!

Often, school lunches include too much fat, sugar, and/or salt. Use the chart below to help swap less healthy choices for healthier choices.

Instead of ...	Try ...
Sugary drinks (e.g., pop, fruit drinks, sports drinks)	Water, milk (white or chocolate), 125 ml 100% pure juice (in reusable containers)
Two juice boxes	Swap one or both juice boxes for water and/or milk
Pre-packaged cheese and crackers	Low fat cheese (20% MF or less) and whole grain crackers
Pre-packaged lunch kits	Made at home lunch kit with whole grain crackers, low fat cheese, lean meat or hard boiled egg, and fresh vegetables and fruit
Store bought pizza	Homemade pizza on a whole wheat pita with low fat mozzarella cheese, vegetables, and chicken breast
Lunch or deli meat	Canned fish, refried beans, roasted chicken, turkey, beef
White bread	100% whole grain bread, tortillas, pitas, crackers, etc. (look for 'whole' as the first word on the ingredient list)
Fruit flavoured snacks (e.g., fruit gummies, fruit leathers)	Fresh or canned fruit packed in water or juice
Sugary cookies, cakes, chocolate bars	Mini fruit muffins or loaves (e.g., banana bread), oatmeal cookies, animal crackers, graham crackers, arrowroot cookies
Pudding cup	Yogurt, pudding cup with at least 15% DV calcium, homemade instant pudding made with milk
Potato chips	Flavoured rice cakes, air popped popcorn sprinkled with Parmesan cheese, baked chips (pack once in a while, not every day)
Cereal/granola bars with yogurt coating, chocolate, or marshmallows	Plain cereal/granola bars with rolled oats as the first ingredient (pack once in a while, not every day)



Pack a Safe Lunch

- ◆ Wash hands, kitchen counters, & kitchen equipment.
- ◆ Wash all vegetables and fruit.
- ◆ Wash your child's lunch bag and thermos each night. Clean with baking soda and water once a week.
- ◆ If using plastic wrap and Ziploc bags, do not reuse since they may carry germs.
- ◆ Use an insulated lunch bag.
- ◆ Store lunch in the fridge until your child leaves for school.



- ◆ Add a frozen yogurt cup or tube, milk, or 100% juice as an ice pack or pack cold foods in a cold thermos.
- ◆ For hot foods, fill a thermos in the morning with hot water to preheat the thermos, then empty the water and fill thermos with food reheated to steaming hot.
- ◆ Food that can spoil should not be re-sent to school if not eaten the first day (e.g., hot leftovers, sandwiches made with meat or cheese, and milk products).

Money Saving Ideas

Look for sales in the flyers, coupons in stores, and online coupons (e.g., www.save.ca). Search for your favourite food brands online. Many companies offer coupons on their website that you can download and print or have mailed to you.



For easy meal and snack recipes, go to www.ckphu.com. Check for new recipes monthly!

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Healthy Eating Benefits

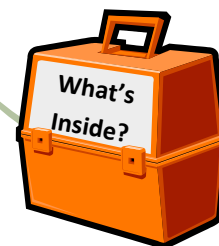
- ◆ Energy to pay attention in class, learn, and be active
- ◆ Encourages healthy growth and development

Lunch Box Tips

- ◆ Pack a variety of food from each of the 4 food groups in *Eating Well With Canada's Food Guide*.
- ◆ Ask your child for help making or choosing the food sent to school. The more they help, the more likely they are to eat the food that is packed.
- ◆ Add some fun by cutting sandwiches in shapes or adding a riddle, stickers, or a special napkin.

Balanced School Day Tips

- ◆ Children with 2 breaks during the school day need the same amount of food as children with 3 breaks during the day.
- ◆ Pack food from at least 3 of the 4 food groups for each break.
- ◆ Your child may find it easier if you pack the lunch into two mini-meals for them.
- ◆ Foods packed in a thermos may be hotter and taste better if eaten during first (1st) break.
- ◆ Partly freeze cold foods, like juice and yogurt, to help them stay cold until second (2nd) break.



Lunch and Snack Planner
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Lunch and Snack Planner

Healthy choices make healthy kids!

A healthy, active child's appetite is the best way to tell how much food to pack. Start by packing half the food your child needs in one full day. If your child is still hungry after lunch, pack more vegetables, fruit, and whole grain products. If food is coming home at the end of the day, pack smaller portions.

Have your child check off the food he or she likes on the list below and write in any other ideas. Use their choices and the portion guidelines to help you plan a healthy lunch and snacks every day.

Fruit

(choose 1 to 2)

- apple
- banana
- berries
- cherries
- clementine
- grapes
- kiwi
- melon
- orange
- peach
- pear
- pineapple
- plum
- unsweetened applesauce
- fruit canned in juice/water
- fruit smoothie



Vegetables

(choose 1 to 2)

- avocado
- broccoli
- carrots
- cauliflower
- celery
- cherry tomatoes
- coleslaw
- cucumber slices
- lettuce salad
- pepper strips
- radishes
- sugar snap peas
- tomato wedges
- vegetable soup



Drinks

(choose 1 to 2)

- water
- white milk
- chocolate milk
- fortified soy beverage
- 125 mL 100% juice



Protein

(choose 1 to 2)

- sliced chicken
 - sliced turkey
 - lean lunch meat
 - hard boiled egg
 - egg salad
 - chili
 - chicken noodle soup
 - lentil or bean soup
 - salmon
 - tuna
 - edamame (soybeans)
 - tofu
 - hummus
 - canned refried beans
 - baked beans
 - bean salad
 - unsalted pumpkin seeds
 - unsalted sunflower seeds
 - cheese (20% MF or less)
 - cottage cheese
 - nut butters, nuts*
- * Many schools have food allergy policies. Check with your school first before packing.



Dips

(optional)

- low fat salad dressing
- yogurt
- hummus
- salsa



Note: As part of your choices, include 1 to 2 milk and alternatives each day.

- milk
- fortified soy beverage
- yogurt, yogurt drink
- cheese

Whole Grains

(choose 2 to 3)

- 1 slice bread
- ½ English muffin
- ½ cup pasta
- ½ cup rice, quinoa, millet
- ½ bagel
- 1-2 mini bagels
- ½ bun
- ½ pita
- ½ large tortilla
- 1 cup cereal
- ½ muffin
- crackers
- breadsticks
- crisp bread, melba toast
- waffle
- pancake



Extras

(may choose 1 to 2 per week)

- pudding made with milk
- raisin bread
- pumpkin bread
- zucchini bread
- banana bread
- graham crackers
- oatmeal cookie
- arrowroot cookie
- gingersnaps
- animal crackers
- fig bar
- Rice Krispies® square
- date square
- flavoured rice cakes
- cereal/granola bar
- raisins
- popcorn sprinkled with parmesan cheese
- mini muffin



Mini-Meals for the Balanced School Day



Use this meal planner to help you and your child make lunches. Your child may eat more or less food than the ideas below. Swap in food your child likes for choices he or she doesn't like, but aim to keep it from the same food group for best nutrition.

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1 st Break	<ul style="list-style-type: none"> • Macaroni and cheese • Cherry tomatoes • Water 	<ul style="list-style-type: none"> • ½ cheese sandwich • Canned peaches • Yogurt drink 	<ul style="list-style-type: none"> • ½ egg salad wrap • Nectarine • Fortified soy beverage 	<ul style="list-style-type: none"> • Sub bun with ham • Salad with dressing • Milk pudding cup • Water 	<ul style="list-style-type: none"> • Graham crackers with cream cheese • Fruit cup • Water
	2 nd Break	<ul style="list-style-type: none"> • Small muffin • Applesauce • Milk 	<ul style="list-style-type: none"> • ½ cheese sandwich • Broccoli and dip • 100% grape juice • Oatmeal cookie 	<ul style="list-style-type: none"> • ½ egg salad wrap • Carrot sticks • Yogurt • Water 	<ul style="list-style-type: none"> • Dry cereal • Milk • Banana 	<ul style="list-style-type: none"> • Tuna wrap • Cauliflower and dip • Orange sections • Chocolate milk
Week 2	1 st Break	<ul style="list-style-type: none"> • Yogurt parfait (yogurt layered with fruit and bran cereal or granola) • Water 	<ul style="list-style-type: none"> • Pumpkin loaf • Grapes • Cheese string • Water 	<ul style="list-style-type: none"> • ½ bagel with cheese • 100% grape juice • Yogurt 	<ul style="list-style-type: none"> • Tomato soup • Whole grain crackers • Banana • Chocolate milk 	<ul style="list-style-type: none"> • Cheese cubes • Ham slices • Canned pineapple • Milk
	2 nd Break	<ul style="list-style-type: none"> • Leftover pizza • Cucumber slices • Apple • Chocolate milk 	<ul style="list-style-type: none"> • Salmon wrap • Celery sticks • Plum • Milk 	<ul style="list-style-type: none"> • ½ bagel with cheese • Red peppers and dip • Applesauce • Water 	<ul style="list-style-type: none"> • Mini pitas with hummus • Carrot sticks • Cottage cheese • Water 	<ul style="list-style-type: none"> • Tortilla with cheese, canned refried beans and salsa • Radishes and dip • Yogurt • Water
Week 3	1 st Break	<ul style="list-style-type: none"> • Mini pitas with grated cheese • Applesauce • Water 	<ul style="list-style-type: none"> • Hot chocolate made with milk • Blueberry pancakes • Orange sections 	<ul style="list-style-type: none"> • Chili • Whole wheat roll • Cucumber slices • Milk 	<ul style="list-style-type: none"> • Baked beans with shredded cheese • Whole wheat roll • Red pepper and dip • Water 	<ul style="list-style-type: none"> • ½ turkey sandwich • Fruit cup • Popcorn sprinkled with parmesan • Milk
	2 nd Break	<ul style="list-style-type: none"> • Leftover pasta with meat sauce • Milk pudding cup • 100% vegetable juice 	<ul style="list-style-type: none"> • Pasta salad • Baby carrots and dip • Chocolate fortified soy beverage 	<ul style="list-style-type: none"> • Whole grain crackers • Hard boiled egg • Pineapple chunks • Water 	<ul style="list-style-type: none"> • Whole wheat bread with jam • Banana • Milk 	<ul style="list-style-type: none"> • ½ turkey sandwich • Sugar snap peas • 100% apple juice

All the mini-meals use foods that can be nut-free. Find out your school's policy on food allergies. Schools that are nut aware includes walnuts, cashews, almonds and peanuts and peanut-aware includes just peanuts. Read the ingredient list for peanut ingredients like mixed nuts, ground nut, arachis oil, mandelona nut, beer nut, peanut sauce, peanut butter, peanut oil, peanut meal, and peanut flour.