

FEEDING THE LUNCH BUNCH

Lunch is an important time for children at school. The midday meal gives kids energy to concentrate, learn and be active all afternoon.

Choose a food from at least 3 of the 4 food groups to make a balanced lunch.

Make lunch interesting. Mix and match any of these ideas for a tasty, healthy lunch:

| Vegetables and Fruit | Grain Products | Meat and Alternatives | Milk and Alternatives |
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| <ul style="list-style-type: none"> ◆ Celery and carrot sticks or peppers ◆ Sliced cucumber ◆ Broccoli and cauliflower “trees” ◆ Fresh, frozen or canned fruit | <ul style="list-style-type: none"> ◆ Whole grain bread ◆ Crackers ◆ Mini bagels or buns ◆ Tortilla ◆ Roti or naan bread ◆ Pita bread ◆ Small muffins | <ul style="list-style-type: none"> ◆ Lean meat ◆ Tuna or salmon ◆ Chili ◆ Tofu and soy based products ◆ Nuts and seeds ◆ Bean spreads or dips ◆ Eggs | <ul style="list-style-type: none"> ◆ Milk ◆ Chocolate milk ◆ Yogurt ◆ Cheese ◆ Fortified soy beverage ◆ Cottage cheese |

Kids are more likely to eat lunch when they help make it. Involve children in planning and packing lunches. Young children can wash fruits and veggies and can choose from what is offered. Older children can make their lunch with your help.

Pack a safe lunch

1. Wash your hands well with warm soapy water.
2. Keep hot foods hot in a thermos.
3. Keep cold foods cold with an ice pack.
4. Remind children to wash their hands before eating.

For more information contact:

- ◆ HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or www.healthlinkbc.ca/healthyeating/
- ◆ Cool Lunches chd.region.waterloo.on.ca/en/healthyLivingHealthProtection/resources/CoolLunches.pdf