



Lunches to Go

Bringing variety & fun to packed lunches!

Allergy Aware: Some schools have rules about the types of foods brought to the centre. For more information, check with the school's staff or call HealthLinkBC, 8-1-1.

Lunchbox Tips:

- ✓ Keep it simple and easy to eat but healthy and tasty.
- ✓ Try to include foods from each of the four food groups in Canada's Food Guide (Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives).
- ✓ Kids love to eat what they create. Let your child choose their lunch from a healthy list of choices.
- ✓ Cut up extra veggies when making dinner to use in lunches the next day or by making extra at meals to use as re-runs for lunches the following day.
- ✓ On a cold day, pack a small thermos of soup, pasta, or other hot item.



Dunk a Lunch

Fun ideas for dunking finger foods:

- Bean dip with pre-cut (can be store-bought pre-cut) veggies and bread*
- Fresh cut or canned fruit mixed with plain yogurt*
- French toast with yogurt and fruit puree
- Whole grain bread sticks with fresh tomato salsa and guacamole*



* foods that are "quick & easy"

Versatile Veggies & Fast Fresh Fruits

Offer a variety of fresh or frozen local produce, such as:

- Cauliflower, broccoli
- Baby corn, fresh sweet radishes
- Pepper strips (yellow, green, red, orange)
- Turnip or zucchini sticks
- Peas in a pod or snow pea pods
- Cherry tomatoes, cucumber
- Melon balls, cherries, berries
- Kiwi, pears, peaches
- Apples, plums, apricots
- Papaya, mango



Instead of Sandwiches

- Whole grain pancakes or waffles with fruit & yogurt
- Build your own pizza with English muffin or pita, tomato sauce, vegetables and grated cheese
- Falafel in a whole wheat pita, carrot sticks
- Hard cooked egg, whole grain crackers, red pepper strips
- Burrito with salsa*
- Homemade muffin (eg. blueberry bran), with yogurt and veggie sticks*
- Grain based salad* – bulgar, quinoa or barley e.g., tabbouleh
- As a change from bread try whole wheat or whole grain: tortillas, flat bread, rice cakes, crackers, melba toast, bread sticks, chapatti, roti, or bannock



Wrap or Pita Pocket Combos

Mix with mayonnaise, salsa, or other sauces/spreads:

- Hard cooked egg, chopped cucumber, green onion
- Chicken chunks, sliced seedless grapes
- Turkey or marinated tofu chunks, grated carrot, shredded lettuce
- Canned or cooked fish, red and green pepper slices*
- Ricotta cheese, fruit*
- Chopped ham, pineapple
- Black beans, corn, red peppers & tomato
- Shredded cheese, sliced cucumber*

Instead of a tortilla, try a “lettuce leaf” wrap with any of the above combos

Follow the Milky Way...

- Veggie sticks & cheese sticks/strings*
- Apple and cheese chunks
- Finely grated cheese rolled into small balls
- Chilled milk or fortified soy beverage*
- Milk-based pudding*
- A fruit smoothie in a thermos
- Whole grain cereal with milk and sliced fruit*.
- Yogurt parfait: Layer plain yogurt, fruit and granola or other cereal



Pack a Safe Lunch

- Use clean kitchen tools to make lunches
- Refrigerate lunches that are made ahead of time
- Use an insulated bag with a freezer pack or chilled thermos to keep food cool. Chill milk or freeze drinking water or juice in plastic containers to keep food cool.
- Use a wide mouth thermos to keep hot food hot. Pre-heat the thermos with hot water before filling.
- Wash all vegetables well, even if the package says “pre-washed”
- Wash lunch containers every night and clean them with baking soda once a week to get rid of odours
- Do not reuse plastic bags – they can hold bacteria
- Send liquids in reusable bottles

Last Night's Leftovers make a Tasty Lunch!

Not all lunches have to be hot –
Leftovers can be sent cold, or hot, in a thermos

- Leftover pizza*
- Kebabs* (e.g. meat or chicken, cheese, fruit, veggies)
- Whole wheat steamed Asian bun*
- Homemade baked samosas*
- Vietnamese salad rolls*
- Chicken drumstick*
- Stew*
- Curry*
- Chili*
- Casserole*
- Stir fried vegetables with tofu*
- Perogies/pot stickers*
- Spaghetti and meatballs*
- Macaroni and cheese*
- Baked beans*
- Soup or chowder*

Little Extras: Non-food treats are special and long lasting...

- Special napkin or straw
- Sticker, picture
- Funny joke, poem or other note
- Fun lunch containers or lunch bag
- It is normal for a child's taste to change often. It can take many exposures to new foods before children learn to like them.
- Try to choose cereals with no added sugars when possible or compare Nutrition Facts information and choose those with less sugar.
- For help choosing healthy packaged foods, check out the Brand Name Food List from HealthLinkBC
- Water is the best choice to satisfy thirst. Kids do not need sugary drinks or juice.



For More Information:

Dietitian services at HealthLink BC:

Call 8-1-1 to speak to a dietitian or go to

<http://www.healthlinkbc.ca/healthyeating/emaildietitian.html> to email your question.

www.healthyeatingatschool.ca

<http://healthyschoolsbc.ca/>