

Lunches that Make the Grade



Good Nutrition
=
Good Learning

Together with your child, pick and pack one food from each column to build a healthy lunch.

Vegetables and Fruit

Cucumber
Carrots
Celery
Cherry tomatoes
Red pepper
Green beans
Tossed salad
100% vegetable juice
Apple
Applesauce
Berries (*fresh or frozen*)
Kiwi
Canned fruit
Dried fruit
Clementine
Grapes
Pear
Pineapple
100% fruit juice

Grain Products

Go for whole grain:
Bread
Bagels and buns
Pita pockets
Breadsticks
Crackers
Dry cereal
English muffins
Muffins
Pasta
Couscous
Rice
Rice cakes
Wraps

Be aware of food allergies in your school

Milk and Alternatives

Milk (*white or chocolate*)
Fortified soy beverage
Cheese (*cubes, strings, slices*)
Yogurt (*cups, tubes, drink*)
Cottage cheese
Milk based soup

Meat and Alternatives

Leftover meats (*chicken, turkey or beef*)
Canned salmon or tuna
Beans (*baked, salad, dip*)
Chili
Hard boiled eggs
Meatloaf or meat stew
Hummus
Tofu
Meat balls

Kid Pleasers

Banana bread
Graham crackers
Fig bars
Rice cereal square
Oatmeal raisin cookie
Cereal bar
Pudding (*made with milk*)
Date square

Keep Food Safe



- Wash all fresh fruit and vegetables even “salads in a bag”.
- Use an insulated lunch bag.



Keep Food Hot

- Use a thermos for hot food like soup, pasta, and chili.
- Tip: Heat your thermos by adding hot water for a few minutes, drain it and add your hot food.*



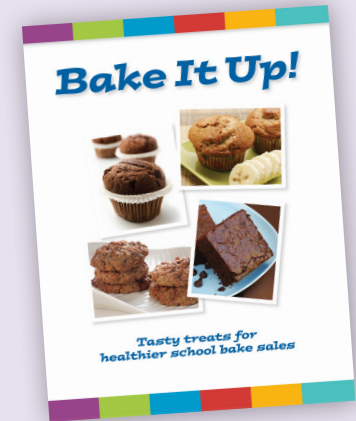
Keep Food Cold

- Pack an ice pack, frozen 100% juice box, or freeze yogurt to keep food cold.

A Litterless Lunch



- Use a reusable lunch bag.
- Pack washable cutlery and a cloth napkin.
- Use reusable containers for food and drinks.



For more Kid Pleasers

use Bake It Up! recipes for healthier baked goods to offer at school bake sales and celebrations.

Visit: www.kflapublichealth.ca/Files/Resources/Bake_It_Up.pdf

For more information

call KFL&A Public Health's Dial-a-Dietitian line at 613-549-1232, ext. 1224 or visit www.kflapublichealth.ca