

What's For Lunch?

Well-nourished children can focus longer and perform better at school



**PACK A
HEALTHY
LUNCH**

**PACK A
SAFE
LUNCH**

- Include a variety of foods.
- Involve your child when choosing and making lunches.
- Try new options once in a while to keep lunch interesting.
- Keep portions small and have foods cut up and ready-to-eat.
- Clean bags, containers, utensils, and water bottles with warm soapy water every day.
- Use an icepack to keep cold foods cold.
- Use a thermos to keep hot foods hot.
- Do not re-send uneaten lunches.
- Do not re-use plastic wrappings and bags.

Protect teeth from cavities

Children should rinse their mouth with water or eat hard cheese after eating their lunch or snack.

Creating a balanced lunch

drink

START WITH A VEGETABLE

IDEAS



peppers



cucumber



carrots



frozen peas



celery

ADD A PROTEIN

IDEAS



edamame



hard boiled egg



chick peas



pumpkin seeds



chicken

CHOOSE A FRUIT

IDEAS



whole fruit



canned peaches



frozen berries



cantaloupe



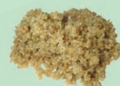
applesauce

ADD A GRAIN

IDEAS



whole grain crackers



quinoa



whole grain tortilla



whole grain cereal



whole grain pasta

INCLUDE A MILK OR MILK ALTERNATIVE

IDEAS



cheese



cottage cheese



milk or fortified soy beverage



yogurt



kefir

Balanced Lunch!



Water is your best drink

Need more information?

To find out what's in season visit www.foodlandontario.ca

For lunch and snack ideas visit www.unlockfood.ca

For allergy information, check with your school about school board policies.