



Healthy Eating For the Balanced School Day

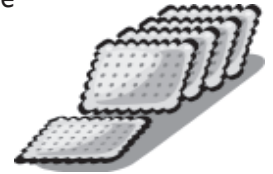


A change in routine can be a challenge. While the new Balanced School Day is a change in routine, it doesn't need to be difficult. Follow these tips to assist you in packing food for the school day.

Healthy Eating Tips



- Children on the Balanced School Day timetable need the same amount of food during the day as other students. Only the timing of when this food is eaten will be different.
- For each break, pack foods from three of the four food groups. It is important to eat a variety of foods from *Eating Well with Canada's Food Guide* over the course of the day. Go to www.healthcanada.gc.ca/foodguide for a guided tour.
- Sandwiches can be cut in half and wrapped separately – one half for each break.
- Foods that are packed in a thermos may be hotter and taste better if they are eaten during the first break.
- Choose nutritious drinks such as milk, 100 % fruit juice or water. Kids do not need more than one cup (250 ml) of juice per day.
- Discuss and plan with your children what to eat at each break. For younger children, it might help to label foods such as 'Lunch One' and 'Lunch Two.'
- Portion foods such as whole grain crackers, cut-up vegetables and cheese cubes ahead of time so they can be quickly thrown into the 'lunch' bag.
- The appetites of healthy, active children are your best guide to how much food to pack. If your children are still hungry after their morning and afternoon nutrition breaks, pack at least two servings of vegetables and fruit and two servings of whole grains.



Pack 'Em Safely

- Wash hands before, during and after preparing food.
- Pack foods such as deli meats, tuna, egg salad and milk with a small freezer pack in an insulated lunch box or bag.
- Use an insulated lunch box to keep cold lunches cold. Paper and plastic bags do not work as well as insulated lunch boxes. If you do use them, double them up to help insulate food.
- If using paper or plastic bags to store the lunch, use freezer packs or frozen juice packs in between food items to help keep them cool. Keep lunch storage containers out of direct sunlight and away from radiators and other heat sources.
- Freezer packs will work until lunch time, but are not recommended for all day storage.



- Make sure hot foods are steaming hot when they are put in the thermos or insulated container. Preheat the thermos with boiling water.
- Wash all vegetables and fruit thoroughly.
- Freeze juice boxes and yogurts to help keep lunches cool and these foods can last until the second break.
- Prepare meat sandwiches and other foods the night before. Leave them in the refrigerator overnight to chill well.
- Use fresh ingredients or leftovers that are not more than one day old. Lunch leftovers should be thrown out.
- Clean lunch boxes or bags, food containers and all utensils every day.
- Food wrappings should not be reused. They can carry bacteria.

How Much Food Should I Pack for the School Day?

Over the school day, children should eat something from each of the four food groups from *Eating Well with Canada's Food Guide*. Food groups include: **Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives**. For each break pack foods from three of the four food groups.

Week 1		Week 2	
<p style="text-align: center;">Monday</p> <p>AM</p> <ul style="list-style-type: none"> egg salad on ½ whole wheat bagel vegetable soup in a thermos milk <p>PM</p> <ul style="list-style-type: none"> egg salad on ½ whole wheat bagel no-name fruit cup water 		<p style="text-align: center;">Monday</p> <p>AM</p> <ul style="list-style-type: none"> cheese slice with whole wheat bread ½ cup of coleslaw in a container 100% juice <p>PM</p> <ul style="list-style-type: none"> banana whole grain O's milk 	
<p style="text-align: center;">Tuesday</p> <p>AM</p> <ul style="list-style-type: none"> hot chilli with shredded cheese whole wheat roll cucumber slices water <p>PM</p> <ul style="list-style-type: none"> clementine or orange slices banana bread milk 		<p style="text-align: center;">Tuesday</p> <p>AM</p> <ul style="list-style-type: none"> tortilla wrap with shredded lettuce, cheese and roast beef applesauce cup water <p>PM</p> <ul style="list-style-type: none"> peach slices whole grain muffin milk 	
<p style="text-align: center;">Wednesday</p> <p>AM</p> <ul style="list-style-type: none"> pita pocket with shredded lettuce, carrots, cheese and sliced ham 100% fruit juice oatmeal cookie <p>PM</p> <ul style="list-style-type: none"> mini whole grain muffin milk banana 		<p style="text-align: center;">Wednesday</p> <p>AM</p> <ul style="list-style-type: none"> cold salad with chickpeas, tuna, peas, and low-fat ranch dressing milk whole grain pita <p>PM</p> <ul style="list-style-type: none"> whole grain crackers cheese cubes 100% juice 	
<p style="text-align: center;">Thursday</p> <p>AM</p> <ul style="list-style-type: none"> leftover cold chicken carrot sticks and dip milk whole grain bun <p>PM</p> <ul style="list-style-type: none"> apple cheese string whole grain couscous 		<p style="text-align: center;">Thursday</p> <p>AM</p> <ul style="list-style-type: none"> minestrone soup in a thermos ½ cheese slice on ½ slice of whole wheat bread 100% juice <p>PM</p> <ul style="list-style-type: none"> ½ cheese slice on ½ slice of whole wheat bread kiwi (cut in half so kids can scoop it out with a spoon) 	
<p style="text-align: center;">Friday</p> <p>AM</p> <ul style="list-style-type: none"> macaroni and cheese in a thermos sliced tomato 100% juice <p>PM</p> <ul style="list-style-type: none"> 2 fig cookies ½ cup of grapes frozen yogurt tube 		<p style="text-align: center;">Friday</p> <p>AM</p> <ul style="list-style-type: none"> cheddar cheese & ham on rye bread carrot sticks milk <p>PM</p> <ul style="list-style-type: none"> baked nachos & mild salsa sauce pineapple slices or chunks yogurt 	

When buying bread, cereal, crackers and/or granola bars, look for 2 grams of fibre, less than 3 grams of fat, zero trans fat and/or less than 10 grams of sugar per serving. Look for “whole grain” as the first ingredient on the ingredient list.

Limit foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, potato chips, nachos and other salty snacks, fruit-flavoured drinks and soft drinks.