



# Packing Kids Lunches?

## Safe & Healthy Tips



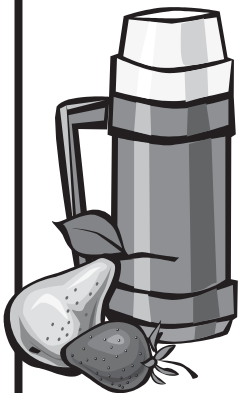
Follow these tips to assist in packing food for your children's school day.

### HEALTHY EATING TIPS

- Lunches & snacks should include a variety of foods from *Eating Well with Canada's Food Guide*. Go to [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide) for a guided tour.
- Choose nutritious drinks such as milk, 100% fruit juice or water.
- Add a variety of different colours, textures and shapes.
- Make small bite size portions or crackers, cut-up vegetables/fruit and cheese cubes.
- Include a small treat - just don't let the whole lunch be a treat.
- The appetites of healthy, active children are your best guide to how much food to pack. If your children are still hungry after school, pack more whole grain products, vegetables and fruit.

### 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.
- 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?

At school, children should eat something from each of the four food groups from *Eating Well with Canada's Food Guide*. Food groups include: **Vegetables & Fruit, Grain Products, Milk and Alternatives, and Meat & Alternatives**. Here is a sample two week menu:



WEEK 1		WEEK 2	
MONDAY		MONDAY	
<b>Lunch</b> <ul style="list-style-type: none"> <li>egg salad on 1/2 whole wheat bagel</li> <li>vegetable soup in a thermos</li> <li>milk</li> </ul>	<b>Snacks</b> <ul style="list-style-type: none"> <li>no-name fruit cup</li> <li>water</li> <li>baby carrots</li> <li>whole grain O's</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>cheese on whole wheat bread</li> <li>1/2 cup of coleslaw in a container</li> <li>100% juice</li> </ul>	<b>Snacks</b> <ul style="list-style-type: none"> <li>1/2 banana</li> <li>1/2 english muffin with pea butter</li> </ul>
TUESDAY		TUESDAY	
<b>Lunch</b> <ul style="list-style-type: none"> <li>hot chili with shredded cheese</li> <li>whole wheat roll</li> <li>cucumber slices</li> <li>milk</li> </ul>	<b>Snacks</b> <ul style="list-style-type: none"> <li>clementine or orange slices</li> <li>slice of banana bread</li> <li>water</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>tortilla wrap with shredded lettuce, cheese and roast beef</li> <li>1/2 cup frozen berries</li> <li>milk</li> </ul>	<b>Snacks</b> <ul style="list-style-type: none"> <li>peach slices</li> <li>2-3 graham crackers</li> </ul>
WEDNESDAY		WEDNESDAY	
<b>Lunch</b> <ul style="list-style-type: none"> <li>pita pocket with shredded lettuce, carrots, cheese and sliced ham</li> <li>milk</li> <li>oatmeal cookie</li> </ul>	<b>Snacks</b> <ul style="list-style-type: none"> <li>mini whole grain muffin</li> <li>grapes</li> <li>1/2 banana</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>cold salad with chickpeas, tuna, peas, and low-fat ranch dressing</li> <li>milk</li> <li>whole grain pita</li> </ul>	<b>Snacks</b> <ul style="list-style-type: none"> <li>cheese cubes</li> <li>pear</li> <li>mini muffin</li> </ul>
THURSDAY		THURSDAY	
<b>Lunch</b> <ul style="list-style-type: none"> <li>leftover cold chicken</li> <li>carrot sticks and dip</li> <li>milk</li> <li>whole grain bun</li> </ul>	<b>Snacks</b> <ul style="list-style-type: none"> <li>slices of apple</li> <li>cheese string</li> <li>granola bar</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>minestrone soup in a thermos</li> <li>whole wheat roll</li> <li>banana</li> <li>milk</li> </ul>	<b>Snacks</b> <ul style="list-style-type: none"> <li>yogurt tube</li> <li>kiwi (cut in half so kids can scoop it out with a spoon)</li> <li>whole grain crackers</li> </ul>
FRIDAY		FRIDAY	
<b>Lunch</b> <ul style="list-style-type: none"> <li>macaroni and cheese in a thermos</li> <li>sliced tomato</li> <li>100% juice</li> </ul>	<b>Snacks</b> <ul style="list-style-type: none"> <li>2 fig cookies</li> <li>frozen yogurt tube</li> <li>apple</li> <li>whole grain crackers</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>cheddar cheese &amp; ham on rye bread</li> <li>carrot sticks</li> <li>milk</li> </ul>	<b>Snacks</b> <ul style="list-style-type: none"> <li>baked nachos &amp; mild salsa</li> <li>pineapple slices or chunks</li> </ul>

When buying bread or cereal, crackers or granola bars, look for at least 2 grams of fibre, zero trans fat less than 3 grams of fat, and 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 chocolate, cookies, doughnuts, muffins, potato chips, nachos, candy, fruit flavoured drinks and soft drinks.

For more information, contact the Public Health Dietitian at 1-866-888-4577

Adapted from Simcoe County District Health Unit

HKPR

Haliburton, Kawartha, Pine Ridge District



**Health Unit**