

# 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

## 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

Be aware of food allergies in your school

## 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.*



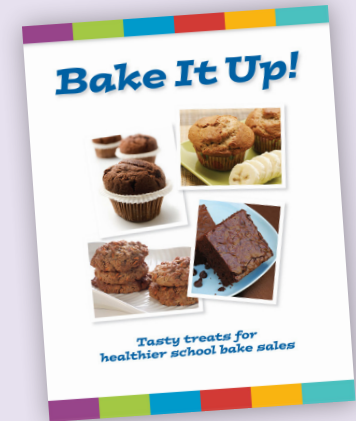
### Keep Food Cold

- 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](http://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](http://www.kflapublichealth.ca)