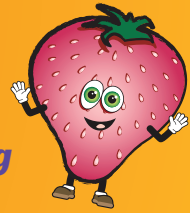




# Thinking Outside the (Lunch) Box!



*Fun, nutritious, delicious... you can have it all when it comes to helping your child eat well at school!*

**1.**

## Ask them!



Give them the final say among a few healthy choices, "Do you want a pear or grapes today?" "Milk or 100% orange juice?" "Salsa or salad dressing for dipping your veggies?" "Want your turkey on whole grain bread, a bun, or in a wrap?"

## Mix it up!

**2.**



Lunch doesn't always have to be about sandwiches: leftovers from last night's supper, cold pancakes or waffles, perogies, soft-shelled tacos... keep them guessing.

Be as creative as possible — try to include lots of bright colours.

Kids love fun containers — take your child to the dollar store and let them pick some out.

**3.**

## Avoid pre-packaged lunches (they tend to be high in salt and fat)

Make your own with low-fat cheese sticks and lower-fat meats cut into shapes, or give them pita bread with tomato sauce, cheese and toppings to make their own mini-pizza.



**Healthy, well-fed kids are better learners. Help your children be their best at school by fueling their days with healthy food choices.**



## Reduce foods that are high in fat and sugar... but you don't have to completely eliminate them!

**4.**

Allow kids to have some fun foods, but try to choose baked and/or lower fat over the deep-fried high fat options (think fig newtons, granola bars and pretzels instead of Oreos and deep-fried potato chips).



**For tips on how to help your child eat well at home, go to:**  
[http://www.hss.gov.yk.ca/programs/health\\_promotion](http://www.hss.gov.yk.ca/programs/health_promotion)



# 5 easy steps to building a perfect school lunch using Canada's Food Guide...

## Choose your "main course"

Lunch doesn't always have to be about sandwiches (see *Mix it Up* on other side), any combination of protein and grains can work



**Step 1** Choose a healthy source of protein (lean meat, eggs, tuna, beans, peanut butter... check the *Meat and Alternatives* group for ideas)

**Step 2** Choose a bread or grain to go with it (whole grain bread, tortilla wrap, soft taco, crackers, pasta salad, rice... check the *Grain Products* group for ideas)

## Choose your dairy product

Check the *Milk and Alternatives* group for ideas.

- reduced-fat cheeses in cubes, sticks and other fun shapes
- Low-fat yogurt in spoon-able, drinkable or squeeze-able containers
- Fruit smoothie

## Choose your beverage

Drop the Pop! Stick with water, milk or 100% juice — but that doesn't mean you have to be boring.

- chocolate or other flavoured milk
- calcium-fortified soy milk
- fruit smoothies
- water with a slice of lemon or lime
- hot chocolate made from milk and "real" cocoa powder



## Choose your fruits & veggies

Fresh or canned work equally well. Cutting them up, including a healthy dip and using fun containers will make it more likely kids will eat them. Check the *Vegetables and Fruit* group for ideas.

- red/green/yellow pepper strips with dip (try mixing low-fat sour cream with dry onion soup mix)
- orange/apple/pear slices with yogurt dip
- canned fruit cocktail or peaches in 100% juice, or unsweetened applesauce
- baby carrots with a dip of low-fat salad dressing
- "fruit kabobs" (colourful fruit chunks on a stick)
- banana rolled up in a tortilla with peanut-butter and cut into slices
- grapes!



## Choose your "fun food"

If the junk food's not there, it's not an option. There's healthier choices that they will still love.

- small piece of dark chocolate,
- little bag of trail mix
- granola bar
- small box of raisins or other dried fruit
- container of their favourite healthy cereal
- baked chips
- yogurt covered pretzels

