

My healthy lunch challenge



1. Get what you need and make it fun!



Be litterless

Use compartment containers that have a snap top and are leak-proof



Be food safe

Keep hot foods hot - use a thermos

Keep cold foods cold - use an ice pack

2. Get them involved!

Let your kids help plan, prepare and pack their own lunch. They will be more excited about it if they help pack it. Get them chopping, sorting food into containers and making sandwiches or wraps.



3. Plan it out and make it complete!

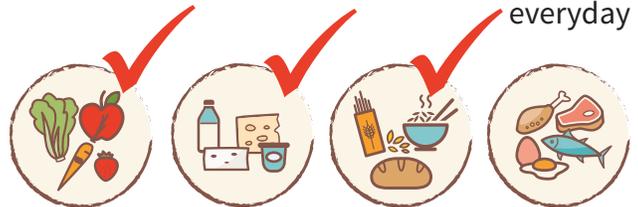
Add the veggies!

Pack a fruit and vegetable everyday. They are easy to chop and pack into a container



Use Canada's Food Guide

Choose **three** or **four** food groups in their lunch everyday



Create healthy lunches and snacks!

Mix and match the food group ideas below. Include three or four food groups for lunches and one or two food groups for snacks.



Vegetables and Fruit

- sliced strawberries
- sliced pepper strips
- cucumber slices
- raw baby carrots
- mango cubes
- cherry tomatoes
- banana
- sliced melon
- leftover cooked vegetables
- apple slices



Grain Products

- hot or cold cereal
- whole grain bread like rye or pumpernickel
- whole grain tortilla
- whole grain crackers
- 2 mini oatmeal muffins
- whole grain pita
- leftover pasta
- leftover brown rice
- barley in a soup or salad
- quinoa or couscous



Milk and Alternatives

- skim or 1% milk
- plain or flavoured yogurt
- cheese cubes
- cottage cheese
- fortified soy beverage
- sliced cheese (Havarti, Swiss)
- shredded mozzarella cheese
- kefir
- skim or 1% milk
- cheese string



Meat and Alternatives

- leftover roasted chicken
- tuna, salmon, egg or chicken salad
- hummus
- bean salad
- mini veggie omelet
- black bean and corn salsa
- meatballs (lean ground meat)
- cooked tofu
- sunflower or pumpkin seeds
- hard-boiled egg

Here's how to put it together:

Sample Lunch Ideas

- Roast turkey wrapped in a whole wheat tortilla, cherry tomatoes, applesauce and skim or 1% milk
- Hummus with whole grain pita, carrot sticks, grapes and yogurt
- Leftover chicken soup (with carrots, chicken and noodles), cheese cubes and a peeled orange
- Pita pizza with an apple and skim or 1% milk

Sample Snack Ideas

- Cheese cubes along with a fruit or vegetable
- Hummus or black bean dip with carrot sticks or cherry tomatoes
- Nut-free trail mix (mix of dried fruit and pumpkin seeds along with whole grain cereal)
- Yogurt and a banana or whole grain cereal
- Mini muffin (carrot, oatmeal, banana or bran) and sliced pears or milk
- Apple slices sprinkled with cinnamon and dry whole grain cereal

1-800-361-5653

TTY: 1-866-252-9933



York Region Health Connection

Community and Health Services

Public Health

www.york.ca

