

# School Lunch Your Kids Will Munch

We all have a role to play



Parents and caregivers decide **what** to pack in their kid's lunch.



Kids decide **what and how much** to eat from what is available. It's okay if they are less hungry on some days than others.



School decides **when and where** students eat.



Check in with your school to see if food is provided throughout the day. Some schools may offer a Student Nutrition Program.

## Food Safety Tips

- Insulated lunch bags, freezer packs, and insulated containers help keep cold foods cold and hot foods hot. Warm the thermos with boiling water before filling it with steaming hot food.
- Wash all vegetables and fruit before packing.
- Compost or throw out perishable foods that come back home. Whole fruits and non-perishable snacks can be re-packed.
- Wash reusable containers and utensils each day with soap and hot water.
- Teach your kids to wash their hands before and after eating.
- Check in with your school about their policy on food allergies and foods that cannot be sent.

Kids who help make their lunch are more likely to eat it.



## Does your school follow a Balanced School Day?

- Your child still needs the same amount of food throughout the day.
- Try making a lunch kit using reusable containers so kids can choose what and how much to eat at each break.



# Try adding foods from each box below

## Vegetables and Fruit

- broccoli or cauliflower
- sugar snap peas
- okra
- leafy greens (lettuce, bok choy)
- roasted eggplant or squash
- apples or pear slices
- grapes or melon
- berries (fresh or frozen)
- clementines or oranges
- applesauce
- canned fruit

## Protein Foods

- milk or soy beverage
- cheese
- yogurt or yogurt dip
- canned tuna or salmon
- hummus or bean dip
- leftover chicken, pork, or beef
- lentils or chickpeas
- tofu or edamame
- fish or wild game
- hard-boiled egg or egg salad
- sunflower or pumpkin seeds

## Whole Grain Foods

- rice or wild rice
- pasta
- bagels, tortillas, pitas, breads, buns, or bannock
- English muffins or crackers
- chapatti, roti, or naan
- quinoa, oatmeal or other cooked grains
- cereal
- pancakes or waffles
- muffins
- granola bars

Dips like hummus, salad dressing, salsa, or tzatziki add flavour and fun.



## Time Saving Tips



Children usually have about 20 minutes to eat lunch at school. Try these time saving tips:

- Peel foods and cut them up into bite-sized pieces
- Have your child practice eating lunch and opening containers



**Don't forget a reusable water bottle**

## 5 ways to fill a thermos:

- Spaghetti or casseroles
- Soup, stews or curry
- Smoothie, milk or kefir
- Scrambled eggs or oatmeal
- Taco in a bowl



Have more questions? Speak to a Registered Dietitian at no cost. Call Health Connect Ontario at 811