

# A Healthy Lunch

## Brown Bag It!

Pack your child's lunch and include snacks that encourage healthy food behaviors.

- Sit with your child and make a list of lunch options. Try to get them to choose something from each food group: grains, fruits and vegetables, meats and alternatives, and milk and alternatives! Once you have a list all you have to do is mix and match.
- You can use water bottles and fill them with something healthy that they enjoy... and save money too!
- Have your child make their lunch as part of their bedtime routine.
- Set your child up with a lunch box or bag that they like.
- There are endless websites, books, and other resources that have ideas for packing lunches.

## Keeping Lunch Safe!

A healthy lunch is also a safe lunch.

- Start with a clean counter, clean fork or spoon, and freshly washed hands.
- Foods that might spoil should be carried in an insulated bag to keep them cold.
- To keep food cold, use frozen bread for sandwiches, pack a frozen juice box or freezer pack with the lunch. Pack cold foods directly from the refrigerator.
- To keep hot foods hot, use an insulated bottle or thermos. First, fill with boiling water and let stand for a few minutes. Then empty the bottle and fill it with hot food.
- Clean lunch boxes, thermal bags, plastic containers and all utensils every day in hot, soapy water. Do not re-use wrappings, as they may carry bacteria.



## What Can Parents Do?

Healthy eating begins at home so it is important that children are encouraged to eat a proper balanced diet

- Parents can involve children in grocery shopping and planning their lunch.
- **Parents should inform staff or volunteers of any food intolerance/allergies that their child may have.**
- Everyone enjoys a surprise. How about a secret note, sticker or cartoon with lunch?
- Be a role model. Set an example by trying new foods yourself.
- Parents can promote a healthy attitude towards eating and exercise.

## Sample Lunches

### Monday

Turkey sandwich on whole wheat bread  
Carrot Sticks  
Milk

### Tuesday

Leftover spaghetti & meat sauce  
Yogurt  
Canned Fruit Salad  
Water

### Wednesday

Mini pitas with hummus or (peanut butter, tuna or egg **if no allergies in your school**)  
Apple Slices  
Milk

### Thursday

Chicken, lettuce, tomato & cheese in a whole wheat wrap  
Yogurt & frozen berries  
Water

### Friday

Mini whole wheat pita pizza  
Canned pineapple in juice  
Milk

**\*\*\* Please ensure you are familiar with allergies in your school.**