



A Healthy Lunch

Brown Bag It!

Pack your child's lunch and include foods that encourage healthy eating behaviours.

- Sit with your child and make a list of lunch options. Try to get them to choose something from each food group: grains, vegetables & fruit, meats & alternatives, and milk & 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 they enjoy.
- 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.

What Can Parents Do?

- Involve children in grocery shopping and planning their lunch.
- Inform teachers and volunteers of any food intolerance/allergies that your child may have.
- Put a secret note, sticker, or cartoon with lunch. Everyone enjoys a surprise!
- Be a role model. Set an example by trying new foods yourself.
- Promote a healthy attitude towards eating.



Keeping Lunch Safe

A healthy lunch is also a safe lunch.

- Start with a clean counter, clean utensils, 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 pack a freezer pack with lunch and pack cold foods directly from the refrigerator.
- To keep foods hot, use an insulated bottle or thermos: fill with boiling water, let stand, empty, and fill with hot food.
- Clean lunch boxes, thermal bags, plastic containers, and all utensils with soapy water and do not reuse wrappings, as they may carry bacteria.

Sample Lunches

Monday

Turkey sandwich on whole wheat bread with carrot sticks and milk.

Tuesday

Spaghetti and meat sauce with yogurt, canned fruit salad and water.

Wednesday

*Mini pitas with hummus (or peanut butter **if no allergies in your school**) with apple slices and milk.*

Thursday

Chicken, lettuce, tomato, & cheese in a whole wheat wrap with yogurt with frozen berries and water.

Friday

Mini whole wheat pita pizza with canned pineapple in juice and milk.