



make
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of choice

Eating Well at School

WITH CANADA'S FOOD GUIDE

QUICK TIPS TO HELP YOU PACK A LUNCH

Know what foods are offered in your school. Some schools have snack or meal programs, so you may not need to pack an extra snack.

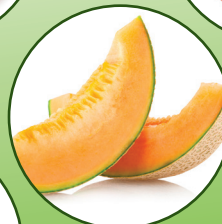
Get your kids involved. Give them options, and let them decide and help pack the lunch.

Keep food safety in mind. Use ice packs to keep cold foods cold. For hot foods (e.g., a soup), use a thermos to make sure it stays hot. To warm out the thermos before adding the hot food, you can pour some hot water into the thermos and throw it out after.

Here's an easy way to make sure your child's lunch is packed with vegetables and fruit for every meal and snack.

*Pick 2 Vegetables and Fruit
1 Whole grain foods
1 Foods with protein*

PICK **2** VEGETABLES AND FRUIT



PICK 1 WHOLE GRAIN FOODS



PICK 1 FOODS WITH PROTEIN



Packing lunches for school will be different for everyone...

Not everyone needs to pack baby carrots, or cheese and crackers to school. Pack lunches that fit your family's taste, lifestyle and culture.

You can use the balance plate from Canada's Food Guide as a reminder to pack different foods for lunch and snacks. A soup, for example, can have foods with protein (e.g., chicken, beans), vegetables (e.g., celery, carrots, spinach), and whole grain foods (e.g., barley, rice, pasta) all mixed in one cup!

ARE YOU PACKING LEFTOVERS?

Dinner leftovers make a great school lunch! Pack them with an icepack if served cold, or pack it hot in a thermos for a warm meal.

Note: always check your school's allergy policies to learn what foods are allowed in the school.

For more information visit Canada's food guide at www.canada.ca/foodguide or www.unlockfood.ca. To speak to dietitian for free call Telehealth Ontario at 1-866-797-0000.