

A Healthy Lunch, as Easy as 1, 2, 3!

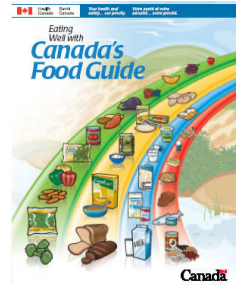
Finding creative ways to keep your child excited about lunch can seem difficult! The good news is that it only takes three easy steps to pack a lunch that is full of nutritious and delicious foods, exciting and good for the environment!

1. Eating Well with Canada's Food Guide

Take a look at *Canada's Food Guide*. A healthy lunch contains foods from all of the four Food Groups! You can get creative with sandwiches by trying a variety of breads, wraps and rolls. Fill sandwiches with healthy foods like lean meats, cheeses, and vegetables or fruit.

Create a lunch checklist:

- Vegetable and Fruit (choose dark green and orange vegetables and a fruit for dessert)
- Grain Product (Choose whole grain most often)
- Milk and Alternatives (choose low fat milk and alternatives)
- Meat and Alternatives (choose low fat meat and alternatives)
- Healthy beverage (plain water, milk, or 100% fruit juice)



2. A Winning Combination!

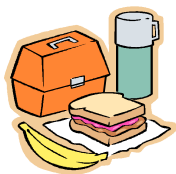


Add some excitement to children's lunches. Use cookie cutters to cut fun shapes into sandwiches, melons, and other healthy foods. Special notes and stickers hidden in lunch boxes are great "treats" rather than the high fat or high sugar foods. Involve your children in planning and preparing lunches.

3. Trash-less Lunches

A trash-less lunch is not only great for the environment, but it is less expensive!

Here are some tips to pack a trash-less lunch:



- Pack sandwiches and other main dishes, fresh fruit, and fresh vegetables in a reusable lunch container.
- Use cloth napkins and stainless-steel forks and spoons. (Add a note to remind your child to bring forks, spoons and napkins home.)
- Pack beverages in reusable drink containers.

Written by the Public Health Nutritionists of Saskatchewan (2009)

Adapted from Waste-Free Lunches (www.wastefreelunches.org)

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