

Ready-to-Eat Lunch for School

The Canada Food Guide states, "healthy foods are foods that are a good source of nutrients such as vitamins and minerals. Healthy foods have less sugar, fat, and salt. Eating healthy foods promotes your **child's healthy development – physical, mental, emotional, and social.**"

Here are a list of easy lunch ideas. Mix and match/items from each food group and your child have a healthy balanced meal!

Grain Products	Vegetables and Fruit	Milk Products	Meats & Alternatives
<ul style="list-style-type: none"> • whole wheat bread • cookies 	<ul style="list-style-type: none"> • pineapple juice • apple 	cheddar cheese (for sandwich)	ham (for sandwich)
whole wheat bun	sliced cantaloupe	chocolate milk	chicken salad with dill pickles (for bun)
tortilla	<ul style="list-style-type: none"> • celery sticks • banana 	cheese string	scrambled eggs (for tortilla)
<ul style="list-style-type: none"> • pita bread • Bran muffin 	<ul style="list-style-type: none"> • carrot sticks • apple juice 	milk	tuna salad (for pita)
whole wheat sub	<ul style="list-style-type: none"> • veggies for sub (lettuce, tomato, etc.) • grapes 	mozzarella cheese (for sub)	turkey
<ul style="list-style-type: none"> • spaghetti • bun 	<ul style="list-style-type: none"> • Fresh veggies with dip • canned peaches 	cottage cheese	meatballs
cold pizza	frozen berries for yogurt	yogurt	topping choice for pizza (ham or chicken, etc.)

* Adapted from Capital Health and Chinook Health Region

Easy & Fun Recipe Ideas*

Fruit Cone



Ingredients:

- 3/4 cup fresh fruit cut into small pieces or canned fruit in juice (drain juice)
- ice cream cone
- honey
- 1/4 cup low fat granola or unsweetened cold cereal

Preparation

Fill ice cream cone with small pieces of fruit, drizzle with honey, and top with granola or cereal.

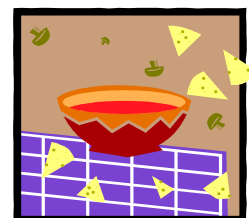
Dippers

Ingredients:

- 2 cups plain yogurt or low-fat sour cream
- 1 package (10oz) frozen chopped spinach, thawed and drained
- 1/3 cup finely minced green onion
- 1 envelope (0.9oz) vegetable soup mix

Preparation

Mix ingredients, cover, and refrigerate. Ready to serve with tortillas and veggies!



Courtesy of the BRAVE Project

* Alberta Community and Public Health Nutrition Committee, Healthy Growth Subcommittee