



Balanced School Day Basics

You may find it helpful to purchase re-usable containers. You can label them #1 and #2 with permanent marker to help younger children choose what to eat at each nutrition break. However, it doesn't really matter which foods your child chooses to eat at each break. It is more important that they eat a variety of foods over the course of the day.

Include two healthy beverages – one for each break (white or chocolate milk, water, 100% unsweetened fruit juice or fortified soy beverages)

Freezing water bottles, juice, or yogurt tubes will help them last to the second break as well as keeping everything else in the lunch bag cold.

An insulated lunch bag keeps cold foods cold and hot foods hot.

Ask your child to bring home leftovers rather than throwing them out at school. This will help you see what they are actually eating at school.

Keep a list on the fridge of favourite meals and let your children “order off the menu”. Check back in a few months to update the list and add new menu items.

Involve your children in planning and preparing their meal breaks. This can be done the night before.

Cut up extra veggies when making stir fry dishes to use as veggies and dip for the next day.

Our school is peanut, nut and fish free. Please do not send foods containing these items.

Mix and match menu ideas or substitute with food items your child prefers. Also you can add more food or reduce portions depending on how much they eat. Use the **Canada Food Guide to Healthy Eating** for examples of serving sizes.

Adding More Than Colour...

- sweet pepper and cucumber slices, baby carrots, cherry tomatoes, celery, broccoli or cauliflower pieces (if your child will only “dip” these veggies, then include a low-fat dressing or dip)
- orange segments, clementine slices or grapes
- kiwi with the top cut off to scoop out the fruit inside (include a spoon)
- cantaloupe or watermelon chunks

- applesauce and mixed fruit cups
- strawberries, blueberries and raspberries (buy them in season and freeze)

Some of these ideas were adapted from Niagara Region Public Health