



Simple Solutions to  
**Balanced School Day Nutrition Breaks**



*Something is new in the way your child will eat at school!*

This is a great opportunity to talk to your children about what food choices will be best for their nutrition breaks at school. They should understand the importance of planning nutritious, satisfying mini-meals to help them reach their full potential throughout the school day.

Balanced School Day nutrition breaks offer at least 15 minutes in the morning and again in the afternoon, to sit and eat a nutritious mini-meal.

It is important to remember that children on the Balanced School Day timetable need the same amount of food during the day as other children do. What's different is the timing of when this food is eaten.

**Will this change mean more work, or worry for you? NO WAY!**

Aim for at least 3 of the 4 food groups in **Canada's Food Guide to Healthy Eating** for each break: Grain Products, Vegetables & Fruit, Milk Products and Meat & Alternatives. Be sure to involve your children in the planning/packing of their food for the day. They are more likely to eat what is packed when they contribute to the choices.

### Planning Tips...



- Sandwiches can be cut in half and wrapped separately – one half for each break.
- Foods that are packed in a thermos may be hotter and taste better if they are eaten during the first break.
- Pack foods like deli meats, tuna, egg salad and milk with a small freezer pack in an insulated bag.
- Cold foods like juice and yogurt can be frozen to help them last to the second break.
- For younger children you can mark #1, #2 on reusable containers to help them divide their food.
- Make sure hot foods are steaming hot when they go in a thermos.

- Freeze juice boxes and yogurt to help keep these and other foods cool.
- Prepare meat sandwiches and other foods to be kept cold the night before. Leave them in the fridge overnight to chill well.

### **Pack 'em Safely...**



- Use fresh ingredients or leftovers that are not more than one day old.
- Food wrappings should not be reused as they can carry bacteria.
- Clean lunch bags, food containers, water bottles and all utensils everyday.