

## BACK TO BASICS!

### PACKING A HEALTHY LUNCHBOX

Packing a healthy lunchbox everyday for your child can be a challenge, yet with these simple tips, you can make their lunchbox both creative & nutritious!

- Get your child **involved!** Ask them to help in preparing their own lunchbox and what they would like to eat during break and do include some of their favorite foods

Each lunchbox should include a source of **complex carbohydrate** (e.g. whole wheat bread or crackers), **lean protein** (e.g. chicken breast, tuna), and a **dairy product** such as milk or yogurt as well as **vegetables & fruits** ←

- Always include bottled **water** in their lunchbox. **Limit juices**, even if freshly squeezed!
- **Variety** is key! Keep it interesting and mix it up. Alternate between sandwiches, a cooked meal, burgers and hearty salads.
- Limit the amount of sweets, chocolate and chips and opt for **healthy snack options** such as: mini cereal boxes (unsweetened), plain popcorn, baked chips, rice crackers with peanut butter and apples or vegetable crudité's with a yummy dip!
- Make the lunchbox **colorful!** Include at least 1 portion of fruit such as a banana & chopped veggies to increase their intake of vitamins, minerals, & fiber
- Use an **ice pack** to help keep the food cool!

## LUNCHBOX BASICS

<p><b>whole grains + protein</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whole wheat grilled chicken sandwich</li> <li><input type="checkbox"/> Whole wheat pasta salad with crunchy veggies</li> <li><input type="checkbox"/> Cheese and veggies quesadillas with guacamole</li> <li><input type="checkbox"/> Spaghetti bolognese loaded with shredded veggies</li> <li><input type="checkbox"/> Black bean aco salad bowl</li> <li><input type="checkbox"/> Lean beef burger with sweet potato wedges</li> <li><input type="checkbox"/> Garden lasagna</li> <li><input type="checkbox"/> Chicken escalope with baked potato wedges</li> </ul>	<p><b>fruits</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Berry salad</li> <li><input type="checkbox"/> Banana</li> <li><input type="checkbox"/> Apple compote</li> <li><input type="checkbox"/> Pineapple slices</li> <li><input type="checkbox"/> Seedless grapes</li> <li><input type="checkbox"/> Seasonal fruit salad</li> <li><input type="checkbox"/> Mango and orange salad</li> <li><input type="checkbox"/> Apple</li> </ul>
<p><b>veggies</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Carrots "fries"</li> <li><input type="checkbox"/> Celery and carrot sticks with a cream cheese dip</li> <li><input type="checkbox"/> Cucumber and yogurt raita</li> <li><input type="checkbox"/> Chopped up pepper and sweet corn salad</li> <li><input type="checkbox"/> Mushy peas</li> <li><input type="checkbox"/> Steamed broccoli with teriyaki</li> <li><input type="checkbox"/> Kale chips</li> <li><input type="checkbox"/> Apple coleslaw</li> </ul>	<p><b>snacks</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Rocky road bars</li> <li><input type="checkbox"/> Mini whole wheat pizza</li> <li><input type="checkbox"/> Whole wheat marble cake</li> <li><input type="checkbox"/> Chocolate zucchini cake</li> <li><input type="checkbox"/> Oats and carrot muffins</li> <li><input type="checkbox"/> Veggie sticks with hummos</li> <li><input type="checkbox"/> Crispy zaatar rolls</li> <li><input type="checkbox"/> Mini eclairs</li> </ul>