



make
water
the drink
of choice

Eating Well at School

WITH CANADA'S FOOD GUIDE

QUICK TIPS TO HELP YOU PACK A LUNCH

Know what foods are offered in your school. Some schools have snack or meal programs, so you may not need to pack an extra snack.

Get your kids involved. Give them options, and let them decide and help pack the lunch.

Keep food safety in mind. Pack cold food (e.g. yogurt) in an insulated lunch bag with an ice pack. To keep hot foods hot (e.g., soup), pack it in a pre-heated thermos. To preheat a thermos, carefully add boiling water and put the lid on for a few minutes. Pour out the water and then quickly add the steaming hot food (at or above 74°C/165°F) and put the lid on tightly. For food safety temperatures see wechu.org/danger-zone

Encourage hand washing before all meals or snacks.



Packing lunches for school will be different for everyone... Not everyone will choose to pack baby carrots, or cheese and crackers to school. Pack lunches that fit your family's taste, lifestyle and culture.

You can use the balance plate from Canada's Food Guide as a reminder to pack different foods for lunch and snacks. A soup, for example, can have foods with protein (e.g., chicken, beans), vegetables (e.g., celery, carrots, spinach), and whole grain foods (e.g., barley, rice, pasta) all mixed in one cup!

ARE YOU PACKING LEFTOVERS?

Dinner leftovers make a great school lunch! Pack them with an icepack if served cold, or pack it hot in a thermos for a warm meal.

Note: always check your school's allergy policies to learn what foods are allowed in the school.

Here's an easy way to make sure your child's lunch is packed with vegetables and fruit for every meal and snack.

Pick: **2** Vegetables and Fruit **1** Whole grain foods **1** Foods with protein

PICK **2** VEGETABLES AND FRUIT



PICK **1** WHOLE GRAIN FOODS



PICK **1** FOODS WITH PROTEIN

