



## HEALTHY SCHOOLS

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# Packing Healthy Lunches During COVID-19 – Elementary School

We know that this school year looks a little bit different, but packing a healthy lunch is still important to help students be ready to learn!

## What to pack

Pack lunches and snacks that includes different types of food including vegetables, fruits, whole grains, and some foods that have protein.

Good options for lunches & snacks include:

- Leftovers! Dinner or lunch leftovers make for a great school lunch.
- Hot cereal (e.g., oatmeal) topped with fruits like berries and sliced apples
- Cold pasta salad with vegetables and chicken
- Cut up fruits or vegetables with side dips
- Whole grain/wheat crackers with cheese
- Whole grain muffins like banana, apple, or carrot
- Pita chicken or beef sandwiches, with vegetables and hummus as dressing
- For more ideas, visit [Packing Healthy School Lunches and Snacks FAQ](#) and [Canada's Food Guide](#).

Things to consider with COVID-19 restrictions:

- Do not pack items that your child will need help with. For example, do not send a container that your child can't open on their own.
- If possible, consider adding more vegetables to the lunch. Snack programs in schools may not be able to serve the usual options this school year

## How to help your child get ready

1. Remind your child about safety tips to prevent the spread of COVID-19 during mealtimes:
  - a. Wash your hands before and after eating
  - b. Do not share food, drinks, or utensils with others
  - c. Try to keep your distance from others
2. Set mealtime routines again. School closures may have changes your child's eating routines. Try to get them used to either a [balanced or a traditional day](#) eating schedule.
3. Get your child involved in deciding what goes in their lunches. Give them a list of options and let them choose
4. Find recipe ideas for tasty school lunches here: <http://www.cookspiration.com/>