



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/>