



HEALTHY SCHOOLS

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Packing Healthy Lunches during COVID-19 – Secondary School

We know that this school year looks a little bit different, but packing a healthy lunch is still important to help keep you energized to learn!

What to pack

Pack lunches and snacks that includes different types of food including [vegetables and fruit](#), [whole grains](#), and some foods that have [protein](#).

Good options for lunches & snacks include:

- Hot cereal (e.g., oatmeal) topped with fruits like mixed berries and sliced apples
- Cold pasta salad with vegetables. Top it with chicken or tofu.
- Sliced or whole fruits and sliced vegetables with side dips (try hummus or a light ranch dip).
- Whole grain/wheat crackers with cheese or canned tuna
- Yogurt with whole grain muffins like banana, apple, or carrot
- Chicken pita or beef sandwiches filled with vegetables. Use hummus as a dressing.
- For more ideas, visit [Packing Healthy School Lunches and Snacks FAQ](#) and [Canada's Food Guide](#).

Things to consider with COVID-19 restrictions:

- Your schools' cafeteria food services may be closed. You also may be encouraged to refrain from leaving the school building to go out to eat. Make sure you pack enough snacks and a balanced lunch to ensure you have enough to eat during the day.
- If possible, try to add more vegetables for lunch. Snack programs in schools may not be able to serve the usual options this school year.
- Make sure you bring a reusable water bottle. Drinking directly from the water fountain is not recommended.

Set yourself up for success

1. Remember these 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. Get creative and find recipe ideas for tasty school lunches here: <http://www.cookspiration.com/>
3. Use leftovers from dinner the night before for a quick and easy lunch to pack.
4. Use an insulated lunch bag with a freezer pack or chilled thermos to keep food cool.