

## Building a Healthy Lunch



A healthy lunch gives children the energy and nutrition they need to grow and learn at school.

A healthy lunch has foods from 3 to 4 food groups in *Canada's Food Guide*.

### Vegetables and Fruit

Apple	Carrots
Orange	Broccoli
Pear	Celery
Banana	Peppers
Melon	Tomato
Berries	Cauliflower
Mango	Cucumber
Apricot	Romaine Lettuce
Peach	Spinach
Kiwi	Apple sauce
Dried fruit	Canned fruit (in juice)
100% fruit or vegetable juice	

### Grain Products

Whole grain bread or bagel  
 Whole grain pita, flat bread or tortilla  
 Pasta or noodles  
 Rice  
 Couscous  
 Whole grain crackers  
 Whole grain Melba toast  
 Whole grain cereal  
 Small muffin  
 Arrowroot or oatmeal cookie

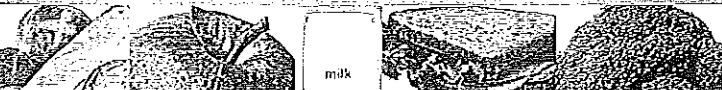
### Milk and Alternatives

White or chocolate milk  
 Yogurt drink  
 Fruit smoothie  
 Yogurt  
 Cheese  
 Cottage cheese  
 Fortified soy beverage

### Meat and Alternatives

Canned fish (light tuna, salmon)  
 Chicken, turkey or roast beef  
 Hummus  
 Beans and lentils  
 Tofu  
 Hard-boiled egg

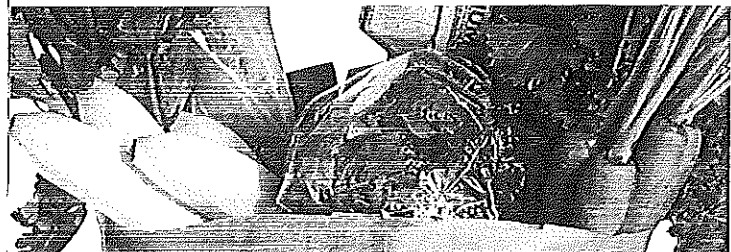
Visit [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide) for information about *Canada's Food Guide*.



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## Lunches for a Week

Write down your own healthy lunch menus on the days that are blank. Ask your kids for ideas.

Monday	Tuesday	Wednesday	Thursday	Friday
Whole grain bagel	_____	Whole grain flatbread (roti or chapatti)	_____	Whole grain crackers
Sliced turkey	_____	Hummus	_____	Minestrone soup
Milk pudding cup	_____	Yogurt	_____	Apple
Baby carrots	_____	Sliced vegetables	_____	Chocolate milk
100% orange juice	_____	_____	_____	_____
Water	Water	Water	Water	Water

### Keep Lunches Safe!

- Wash your hands well before preparing foods.
- **Keep hot foods hot.** Food must be cooked to the proper temperature depending on the type of food. Food should be steaming hot when you put it in a thermos. Please follow the manufacturer's recommendations for thermos use.
- **Keep cold foods cold.** Use an insulated lunch bag and a freezer pack. You can also put in a frozen drink that will thaw by lunchtime.
- Wash all vegetables and fruit under cold running tap water.
- Throw away food that is not eaten at lunch.
- Clean lunch bags, plastic containers and all utensils every day in hot, soapy water.

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## Fun and Easy Snack Ideas

<b>Veggies &amp; Dip</b>	Baby carrots, broccoli, red, green or yellow peppers, celery sticks, hummus or low fat salad dressing
<b>Cheesy Pizza</b>	Cheese, tomato sauce, whole grain English muffin, vegetables (peppers, mushrooms, etc.) Serve cold or heat in oven and serve warm
<b>Pocket of Surprises</b>	Whole grain pita pocket, shredded carrots, sliced cucumbers and peppers, cheese
<b>Fruit Kabobs</b>	A variety of cut-up fruit (banana, melon, apple, pear, mango), kabob stick or straw, vanilla yogurt for dipping
<b>Cereal &amp; Milk</b>	Whole grain cereal, milk
<b>Jungle Juice</b>	Milk, 100% grape juice, banana Mix in a blender and enjoy
<b>Yogurt Parfait</b>	Yogurt, whole grain cereal, fresh fruit

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# Healthy Snacks

Healthy snacks are important for your child. Children have small stomachs and need to eat often during the day to make sure they get all the nutrition they need to grow, learn and play.

A healthy snack has foods from 1 to 3 food groups in *Canada's Food Guide*.  
Aim for **Every Day** choices most of the time.

	Vegetables and Fruit	Grain Products (choose foods with as little trans fat and saturated fat as possible)	Milk and Alternatives	Meat and Alternatives
Offer Every Day	Fresh fruit Raw vegetables Applesauce (no sugar added) 100% fruit or vegetable juice Canned fruit salad (in juice)	Whole grain cereal (more than 2 grams of fibre per serving) Whole grain bread, bagel or English muffin Whole grain pita, flat bread or tortilla Whole grain chapatti, naan or roti Whole grain crackers Whole grain Melba toasts or bread sticks	White milk Chocolate milk Yogurt Yogurt drink Cheese Fortified soy beverage	Bean d'p Canned light tuna or salmon Hard-boiled egg Hummus Chicken, turkey, roast beef Nuts and nut butters Roasted soy nuts or chickpeas Seeds
Offer Sometimes	Dried fruit Canned fruit (in syrup) 100% fruit leathers	Animal or graham crackers Arrowroot or oatmeal cookies Baked tortilla chips Cereal or granola bars Fig fruit bars Low fibre cereal (less than 2 grams of fibre per serving) Plain popcorn Pretzels Raisin bread Rice cakes Small bran, oatmeal or fruit muffin	Milk pudding Frozen yogurt	
Offer Rarely	Chocolate or yogurt-covered dried fruit	Cakes, cupcakes, donuts Croissants Dipped granola bars High fat (more than 5 g of fat per serving) baked goods such as brownies, cookies, muffins, and pastries Cereals that contain a lot more sugar than fibre Toaster pastries	Ice cream Milkshakes	Beef jerky, pepperoni sticks Bologna, salami Nuts and seeds with added chocolate or candy

**Food Allergy Alert** – Some foods, such as nuts and nut butters, are not allowed in schools, child care centres and other group settings.

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