

Eat
Well



PACKING HEALTHY SCHOOL LUNCHES

You want to send your kids off in the morning with a lunchbox of healthy food. Problem is, sometimes when you open their lunchbox after school, half the food is right where you left it – untouched! Now you’re not sure whether your children have the right nutrition to carry them through the school day.

Sound familiar?

It’s no secret that when it comes to food, kids can be tough to please. So when it comes to their lunch, how do you make sure they’ll eat it, especially all that “good-for-you” stuff?

Here are a few handy tips to make healthy school lunches your kids will actually want to eat!

Five Ways to Make School Lunches Easier

Involving your kids in planning and making school lunches is a great way to help them build their own healthy eating habits. Plus, if they help make it, they’ll be more likely to eat it!

1. On the weekend, plan out weekday lunches with your kids. Include at least 3 of the 4 food groups.
2. Get a head start. Cut up extra veggies and fruit, or make hard-boiled eggs.

3. Cook extra food – dinner leftovers make a quick and easy lunch.

4. Keep it simple: Mix and match healthier foods from each food group.

5. Prep as much as you can the night before. Then simply pack a lunch in the morning and off they go.

Lunch Ideas Your Kids Will Love

Keeping your kitchen stocked with healthy grab-and-go foods from the four food groups can help you whip up a quick, healthy lunch in no time!

- Whole grain wrap or pita pockets + chicken or hummus + veggies
- Layers of fruit + yogurt + whole grain cereal
- Vegetable soup + whole grain bun + milk

- Cheese cubes + whole grain crackers + veggie sticks

- Whole grain pasta and sauce + veggies + yogurt dip

- Cheese + whole grain English muffin + apple slices

When it comes to healthy eating, a little planning goes a long way!

For more tips on healthy eating, visit [HealthyCanadians.gc.ca/EatWell](https://www.HealthyCanadians.gc.ca/EatWell)