

the Lunch Planner



KFL&A
PublicHealth

Hang this Lunch Planner on your fridge and use it as a guide for packing healthy, tasty lunches and snacks for your children. It includes ideas on how to get kids to enjoy a variety of foods and tips for making wise food choices.

Did You Know?? Did You Know?? Did You Know??

Junk food can be part of a healthy diet. Offer it sometimes, not every day. It is filling but not nutritious and can make children too full to eat healthier foods.



Chocolate milk has all the goodness of white milk and the same amount of sugar as an equal amount of unsweetened fruit juice. It's great for dessert or snack.

Fruit drink is not the same as fruit juice. Fruit drinks are mostly water and sugar; fruit juice comes from fruit.

SAFE LUNCHES
Keep cold foods cold, and hot foods hot. Use a wide-mouth thermos for hot foods such as chili and soup. Use small freezer packs and insulated lunch bags to keep perishable foods like meat, eggs, and cheese cold.



CEREAL & GRANOLA BARS
Not all cereal and granola bars are created equal. Bars with lots of chocolate, marshmallows or frosting are more like a chocolate bar. Go by the ingredient list rather than the picture or the name and look for rolled oats as the first ingredient. Take note that "made with real fruit or fruit juice" would not contain enough fruit to be a fruit serving. So include foods from Canada's Food Guide in the lunch and finish it off with these bars as a dessert.



CHEESE PRODUCTS
Cream cheese is more like butter or margarine than cheese. Here's why ...

	<u>Protein</u>	<u>Calcium</u>
Cheddar cheese - 45g	11 g	325 mg
Cheese slices - 1 slice	10 g	277 mg
Cheese spread - 1 tbsp	5 g	150 mg
Cream cheese - 2tbsp	2 g	23 mg

FRUIT SNACKS
Fruit rolls and gummy fruit snacks may contain fruit juice, but they are mostly sugar, water and Vitamin C. Instead, go for fresh fruit or fruit leathers, and benefit from fiber and many other nutrients.



Adapted from Haldimand-Norfolk Health Unit

Reprinted by Kingston, Frontenac, and Lennox & Addington Public Health
For more information, call Dial-A-Dietitian: 549-1232 or 1-800-267-7875, ext. 224.
www.healthunit.on.ca

Making a healthy lunch



The foods from the four food groups in Canada's Food Guide are packed with all the good things children need to grow and learn. To make a lunch, mix and match foods from each group. Choose at least one food from each of the food groups.

Follow These Steps:

- ✓ Start with a Meat or Alternative.
- ✓ Add a Grain Product.
- ✓ Add a Vegetable or Fruit.
- ✓ Add a Milk or Alternative.
- ✓ Finally, add dessert—a grain product, milk product or alternative, or fruit would be ideal.
- ✓ Keep in mind limited time to eat, and small portions for young kids.

4

Food Group Quick Picks

Make sure nutrition doesn't take a back seat to convenience. Here are some healthy and convenient choices that work for kids.

Meat & Alternatives

baked beans • peanut butter • egg
split pea soup • tuna • salmon
sardines • ham • meatloaf
chicken • roast beef • turkey • nuts
sunflower seeds • hummus (chick
pea spread) • chili • liverwurst



Grain Products

pita bread • muffins • bagels
rice cakes • English muffins
dry cereal • banana loaf
crackers • oatmeal cookies
fig bars • plain popcorn
breads & buns • bread sticks
soft tortillas • pretzels
plain granola bars

Vegetables & Fruit

Fresh, or canned
apples • bananas • grapes • oranges • kiwis
pineapple • raisins • juice • peaches • melons
clementines • dried fruit • salad
vegetable sticks • vegetable soup • tomato juice
potato salad • coleslaw • broccoli • green pepper

Milk and Alternatives

yogurt (cups or tubes)
cheese (sticks or slices)
milk pudding • white milk • chocolate milk
soup made with milk
hot chocolate made with milk
yogurt drinks • fresh cheese (e.g. Minigo)
cottage cheese

Popular, Healthy Lunch Meals

* Add in snacks from any food group

- 1 • Anything rolled up in a soft tortilla
 - peanut butter and banana, ham & cheese, hummus
 - Fruit cup or applesauce
 - Homemade oatmeal cookies
 - White or chocolate milk

- 3 • Pizza or pizza bun with cheese or ham filling
 - Cucumber slices or mini carrots
 - Apple with caramel dip, or cinnamon and sugar
 - Yogurt cup

- 2 • Crackers
- Rolled lean deli meat
- Cheese stick
- Veggies with ranch-style dressing
- Clementine /orange sections
- Fruit Juice

Mexican Bean Dip

1 can / 14 oz	398 mL	kidney or pinto beans, drained and mashed		
1		green onion, chopped		
1/3 cup	75 mL	plain low fat yogurt	1 clove	garlic, minced
1 tsp	2 mL	cumin	1 tsp	2 mL
2 tbsp	25 mL	fresh parsley, chopped	2 tbsp	25 mL
				cheese, grated

1. In a bowl, combine beans, green onion, yogurt, garlic, cumin, and chili powder. Mix well.
2. Top this filling with parsley and grated cheese.
3. Cover and store in the refrigerator for up to 2 days.
4. Makes about 2 cups (500 mL).

Kids love this as a filling for celery, as a dip with vegetables, or as a sandwich spread along with lettuce, sliced tomato, or cucumber inside pita bread.

Source: Recipe adapted from *Kid-friendly Spreads*, a Peterborough County City Health Unit publication, 1997.