

FEEDING THE LUNCH BUNCH

Lunch is an important time for children at school. The midday meal gives kids energy to concentrate, learn and be active all afternoon.

To make a balanced lunch, choose foods that include protein, long-lasting, energy-providing carbohydrate and healthy fat.

Make lunch interesting. Mix and match any of these ideas for a tasty, healthy lunch:

| ½ of Your Plate: Vegetables and fruit | ¼ of Your Plate: Plant-based or lean animal protein | ¼ of Your Plate: Whole grains |
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| <ul style="list-style-type: none"> ◆ Celery and carrot sticks or peppers ◆ Sliced cucumber ◆ Broccoli and cauliflower “trees” ◆ Fresh, frozen or canned fruit | <ul style="list-style-type: none"> ◆ Tofu and soy based products ◆ Nuts and seeds ◆ Bean spreads or dips ◆ Lean meat ◆ Tuna or salmon ◆ Chili ◆ Eggs | <ul style="list-style-type: none"> ◆ Milk ◆ Chocolate milk ◆ Yogurt ◆ Cheese ◆ Fortified soy beverage ◆ Cottage cheese |
| | | <ul style="list-style-type: none"> ◆ Whole grain bread ◆ Crackers ◆ Mini bagels or buns ◆ Tortilla ◆ Roti or naan bread ◆ Pita bread ◆ Small muffins |

Kids are more likely to eat lunch when they help make it. Involve children in planning and packing lunches. Young children can wash fruits and veggies and can choose from what is offered. Older children can make their lunch with your help.

Pack a safe lunch

1. Wash your hands well with warm soapy water.
2. Pack your child’s lunch in an insulated lunchbox.
3. Keep hot foods hot in a thermos.
4. Keep cold foods cold with an ice pack.
5. Remind children to wash their hands before eating.
6. After school each day, wipe down your child’s lunchbox with warm soapy water.

For more information and great lunch ideas:

- ◆ Your local [Public Health Unit](#)
- ◆ [Dietitian Services at HealthLink BC](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- ◆ [Better Together BC](#)
- ◆ [Lunches to Go](#) (PDF) (HealthLink BC)