



School Lunches

Is it time to try something new for lunch?

Involve your kids.

- Let your child choose the foods they like. This will increase the chance of them eating the foods you send.

Switch up bread options.

- Try using whole grain wraps, pitas, small bagels, English muffins, buns or a different type of bread.

Add excitement to vegetables and fruit.

- Send fruit such as bananas, pineapple or apples with a yogurt dip or vegetables like carrots, cucumbers or celery with hummus dip. Keep in mind; kids are more likely to eat vegetables and fruit that are already cut up!

Offer a variety of meat and meat alternatives.

- Use leftover meat from supper or make a homemade egg salad mixture for sandwiches.

Include milk and milk alternatives.

- Have a carton or container of milk with lunch. Add cheese to your child's sandwich or some yogurt to round out the meal.

Aim to include a food choice from each of the four food groups on [Canada's Food Guide](#) (Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives) to make a balanced and healthy meal.

For more tips on making a balanced lunch, please visit:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>

For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>

