



# Nutrition Bits and Bites!

## Packing a Healthy Lunch

### Five Tips for Packing Healthy Lunches

Packing lunches day after day can be a chore. Here are some tips to help you pack lunches that are quick to put together, and include foods that everyone in the family likes.

1. On the weekend, plan school lunches with your kids for the week ahead. Include something from each of the four food groups.
2. Stock up on healthy grab-and-go foods like fruit, vegetables, whole grain wraps, yogurt, and hard-boiled eggs.
3. Use dinner leftovers to make quick and easy lunches the following day.
4. Prep as much of the lunch as you can the night before. Spend a few extra minutes to cut up extra veggies and fruit for tomorrow's lunch.
5. Get the kids involved. Let them plan the menu and make the lunches... with your help of course!

(Source: Health Canada, "Healthy School Lunches")

### Keep it safe...

- Use insulated food containers to keep hot foods hot and cold foods cold.
- For hot foods, heat foods until piping hot. Fill the insulated container with the heated food.
- For cold foods, use mini ice packs.
- Wash fruit and vegetables before packing.
- Keep lunches in the fridge until you're ready to leave for school.
- Throw out any perishable foods that come home.
- Wipe lunch bags weekly with hot, soapy water.



## Think outside the sandwich!

Mix and match options below to get a variety of lunch meals. Use a partitioned container, as shown in the picture on the front page, to pack your choices into a “bento-box.”

Veggies and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
Lettuce salad, melon balls	Whole grain flatbread, naan or pita bread	Yogurt dip	Canned salmon or tuna
Pea pods, small orange	English muffin	Milk-based puddings	Nut/seed butter (sunflower, soy)
Carrots, strawberries	Bread sticks	Cottage cheese	Pork and beans
Cauliflower & broccoli spears, grapes	Corn or potato	Cheese cubes, cheese string	Leftover meat (beef, pork, chicken, fish)
Cucumber slices, apple sauce	Pasta or brown rice	Yogurt cups, tubes, or drinks	Steamed soybeans (edamame)
Peppers, blueberries	Whole grain tortilla	Milk-based soup	Refried beans
Cherry tomatoes, banana	Whole grain crackers	Milk or fortified soy beverage	Hard boiled eggs
Radishes, grapes	Bagel	Cream cheese	Chicken, turkey or ham slices

## RECIPE

### Awesome Mini Mushroom Omelettes



#### Ingredients:

Canola oil	1 Tbsp (15 mL)
Sliced mushrooms	1 pkg (227 g)
Onion, diced	1
Italian seasoning	1 tsp (5 mL)
Ham or turkey, chopped	6 slices (100 g)
Eggs	12
Milk	1 cup (250 mL)
Salt and pepper	¼ tsp (1 mL) of each
Shredded cheddar cheese	1 cup (250 mL)

#### Directions:

In a nonstick skillet heat oil over medium heat. Cook mushrooms, onion and Italian seasoning for about 10 minutes or until golden. Stir in ham.

In a large bowl, whisk together eggs, salt and pepper

Divide mushroom and ham mixture among 12 lightly sprayed muffin tins. Ladle egg mixture into muffin tins. Sprinkle each with some of the cheese.

Bake in preheated 350°F (180°C) oven for about 20 minutes or until golden and knife inserted in centre comes out clean.

Source: *Eatright Ontario website*

**\*\* Refer to the Allergy Newsletter (September issue) for substitutions**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

Created by Registered Dietitians from Southern Health - Santé Sud

May be photocopied in its entirety provided source is acknowledged.