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"Lunches to Go"

Cool and Hot Lunch Ideas

Bringing variety & fun to packed lunches!



Allergy Aware: This resource is not a list of "allergen aware" choices. See "Allergy Aware School and Childcare Settings - Tips for parents whose children attend allergy aware settings" for information on how to pack allergen aware lunches. Also, check with the school's policies for guidance.

Lunchbox Tips:

- ✓ Keep it simple and easy to eat but healthy and appetizing.
- ✓ Try to include foods from each of the four food groups in Canada's Food Guide (Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives)
- ✓ Kids love to eat what they create. Let your child choose from a healthy list of choices to create his or her own lunch.
- ✓ Speed-up the process by cutting extra veggies when you're preparing dinner or by making extra at meals to use as 'Re-Runs' for lunches the following day.
- ✓ On a cold day, a small thermos of soup, pasta, or other hot item can be satisfying.
- ✓ Freeze yogurt tubes and juice boxes. This will keep them cool until your child is ready to eat.
- ✓ A child's taste seems to change on a whim, try new things regularly and don't be afraid to try them again and again. It can take many exposures to new foods before children learn to like them.

Wrap or Pita Pocket Combos

(moisten with plain yogurt mixed with salad dressing)

- Hard cooked egg, chopped cucumber, onion
- Chicken chunks, sliced seedless grapes
- Turkey or marinated cooked tofu chunks, grated carrot, shredded lettuce
- Salmon or tuna or cooked fish, red and green pepper slices
- Ricotta cheese, fruit
- Chopped ham, pineapple
- Hummus (tahini and ground chickpea dip), vegetables
- Shredded cheese, sliced cucumber
- Cheese, lettuce, tomato (wrapped separately)
- Instead of a tortilla, try a "lettuce leaf" wrap with any of the above combos

Instead of Sandwiches

- Whole grain pancakes or waffles with fruit & yogurt
- Build your own pizza with English muffin or pita, tomato sauce, toppings and grated cheese
- Falafel, whole wheat pita, veggies
- Pasta salad, milk, fruit
- Hard cooked egg, whole grain crackers, red pepper strips
- Soft taco with bean dip, veggies
- Unsweetened dry cereal with milk or yogurt and fresh fruit
- Homemade whole grain muffins:
 - Banana bran muffin and cheese
 - Oatmeal carrot muffin and cottage cheese
 - Cornmeal muffin with BBQ chicken or chili
 - Bran muffin with yogurt and veggie sticks

A Change from Bread...

Choose whole wheat or whole grain:
Tortillas, flat bread
English muffins
Bran or oatmeal muffins
Rice cakes, crackers
Melba toast, bread sticks
Chapatti or roti



Dunk a Lunch

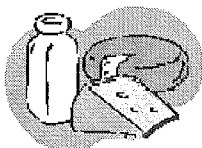
Finger food and dunking are always fun! Try these combinations for a healthy choice:

- Hummus, bean or cottage cheese dip served with assorted veggies and pita bread cut into triangles
- Fresh cut fruit and yogurt
- French toast with yogurt or applesauce
- Whole grain bread sticks with fresh tomato salsa and quacamole

More Lunch Ideas...

Follow the Milky Way...

- Carrot, celery or bread stick wrapped in cheese
- Cored apple filled with cheese chunks
- Finely grated cheese rolled into small balls
- Chilled milk or fortified soy drink
- Milk-based pudding
- Yogurt parfait: Layer plain yogurt, fruit and granola or a high fibre cereal



Pack a Safe Lunch

- Use clean kitchen equipment to prepare lunches
- Refrigerate lunches that are prepared ahead of time
- Use an insulated bag with a freezer pack or chilled thermos to keep food cool. Chill milk or freeze drinking water or juice in plastic containers to keep food cool.
- Use a wide mouth thermos to keep hot food hot. Pre-heat the thermos with hot water before filling.
- Wash all vegetables thoroughly, even those in packages labelled "pre-washed".
- Wash lunch containers every night to keep bacteria from growing and clean them with baking soda once a week to get rid of odours.
- Don't reuse plastic bags - they can hold bacteria.

Cold Re-runs

- Left over pizza
- Kabobs (e.g. meat or chicken, cheese, fruit, veggies)
- Burrito with refried beans, cheese, tomato
- Whole wheat steamed Asian bun
- Homemade baked samosas,
- Vietnamese salad rolls
- Chicken drumstick

Hot Re-runs

- Stew
- Curry
- Chili
- Casserole
- Stir fried vegetables with tofu
- Perogies/pot stickers
- Spaghetti and meatballs
- Macaroni and cheese
- Baked beans
- Soup or chowder



Little Extras: Non-food treats are special and long lasting...

- Special napkin or straw
- Sticker, picture
- Funny joke, poem or other note

Versatile Veggies & Fast Fresh Fruits

- Choose in season produce when possible
- Freeze summer fruits to enjoy all year round
- Try a fruit smoothie served in a thermos

Offer a variety of different choices over the week such as:

Cauliflowerettes, broccoflower trees
 Baby corn, fresh sweet radishes
 Pepper strips (yellow, green, red, orange)
 Turnip or zucchini sticks
 Peas in a pod or snow pea pods
 Cherry tomatoes
 Melon balls, cherries, berries
 Kiwi, pears, peaches
 Papaya, mango



Recipes

Bean Dip

Mix together:

- 1 small can (398 mL or 14 oz) refried beans
- 1/3 cup (75 mL) yogurt
- 2 green onions, chopped
- 2 tbsp (25 mL) cilantro or parsley, chopped
- 1/2 tsp (2 mL) each cumin & chili powder
- 1 clove garlic chopped or 1/8 tsp (0.5 mL) garlic powder (optional)

Fruit Smoothie

In a blender mix equal parts 100% fruit juice, milk or fortified soy drink, frozen fruit and yogurt or soft tofu. Blend until smooth.

Cottage Cheese Dip or Spread

Mix grated cheddar, parmesan and cottage cheese with plain yogurt

Developed by: Community Nutritionists Council of BC - School Age Committee January 2008

If you have questions about your child's nutrition, please contact the Public Health Nurse at your local Public Health Unit, or call Dietitian Services at HealthLink BC (formerly Dial-A-Dietitian) at 8-1-1 and ask to speak to a Registered Dietitian.

Abbotsford 604-864-3400	Agassiz 604-793-7160	Burnaby 604-918-7605	Chilliwack 604-702-4900	Cloverdale, Surrey 604-575-5100	Guildford, Surrey 604-587-4750
Hope 604-860-7630	Langley 604-539-2900	Maple Ridge 604-476-7000	Mission 604-814-5500	New Westminster 604-777-6740	Newport, Port Moody 604-949-7200
Newton, Surrey 604-592-2000	North Delta 604-507-5400	North Surrey 604-587-7900	Port Coquitlam 604-777-8700	South Delta 604-952-3550	White Rock 604-542-4000

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www.fraserhealth.ca and SEARCH the word "School Nutrition"