

Packing School Lunches

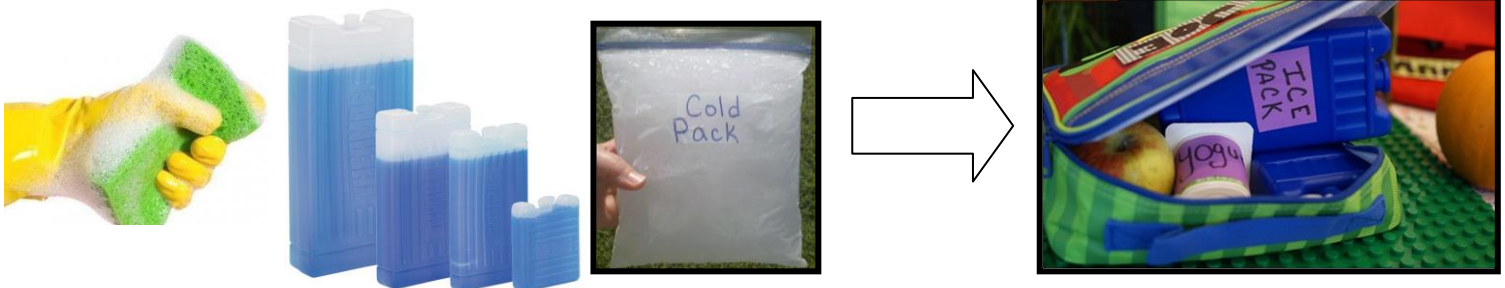
- Wash Hands First



- Use an insulated lunch bag.
- Wash them every day.



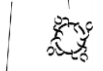
- Keep COLD foods COLD with ice packs.
- Wash ice packs every day.



For more information please contact:

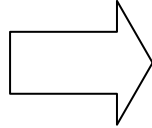
Written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions (2016)

Public Health Nutritionists
of Saskatchewan



Keep HOT foods HOT by heating the food first then keeping it hot in an insulated container.

(Example: Thermos®)



Examples of Healthy School Lunches



- Lamb curry
- Cauliflower and spices
- Flat bread



- Raw vegetables
- Hardboiled egg
- Crackers and hummus
- Cheese
- Cookie



- Soy spread (E.g. Wowbutter) and jam sandwich
- Raw vegetables and fruit
- Yogurt



- Shrimp and vegetable stir fry on rice



- Chicken and vegetable stew
- Rice and beans



- Homemade English muffin mini pizza