

Packing Healthy School Lunches

School lunches are a way to incorporate favourite healthy foods on a daily basis but can also be a source of family frustration. Involving children and youth in packing their own lunches allows them to choose foods they like from parent-approved items and will decrease food waste as they are more likely to eat them.



Lunch ideas:

- Whole grain English muffin pizza: cover half with pasta sauce and top with favourite pizza toppings then broil for 2 minutes. They can be eaten cold or reheated in a microwave if one is available.
- Soups: use a thermos to keep foods at a safe temperature by heating a homemade soup at home in the mornings.
- Greek pasta salad: mix cooked and cooled whole grain pasta with peppers, tomatoes, Greek salad dressing and rinsed canned chick peas for extra protein.



Recipe: Broccoli soup:

1. Sauté diced onions, carrots and celery.
2. Add broccoli florets and enough vegetable broth to cover all the vegetables.
3. Bring to a boil then simmer for 20 minutes.
4. Puree the mixture and add grated parmesan cheese.
5. Heat in the morning and send to school in a thermos with a whole grain bun or slice of bread.

Written by the Public Health Nutritionists of Saskatchewan Working Group (2019)

For more information contact your local Public Health Dietitian

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