

Healthy Lunches

Help children make healthy food choices at school and at home. Lunches and snacks provide children with energy and nutrients they need to learn and grow.

Involve children in planning and packing lunches for the week. Let them pick items from the three food categories in Canada's Food Guide. Below are lists to get you started.

Don't forget water. Use a reusable bottle so they can fill it up throughout the day.



Vegetables

- Broccoli
- Cauliflower
- Carrot sticks
- Celery sticks
- Cucumber slices
- Cherry or grape tomatoes
- Red, yellow or green peppers

Fruits

- Bananas
- Mangoes
- Frozen berries
- Oranges
- Strawberries
- Pineapple
- Fruit salad
- Pears
- Canned peaches
- Grapes
- Blueberries

Protein Foods

- Boiled eggs
- Bean dip
- Leftover turkey or chicken
- Cheese cubes
- Black or kidney beans
- Canned tuna
- Unsweetened milk or soy beverage
- Low sugar yogurt

Whole Grains

- Whole grain pasta, bread or pitas
- Quinoa or barley
- Whole grain crackers
- Oats or oatmeal
- Brown or wild rice
- Low sugar whole grain cereals
- Buckwheat pancakes
- Homemade whole grain muffins

For more meal and snack ideas, check out Canada's Food Guide recipe page at:

food-guide.canada.ca/en

Written by the Public Health Nutritionists of Saskatchewan (2020)

Distributed by: Chelsea Brown, RD | Regina Area | 306-766-7157 | Chelsea.brown@saskhealthauthority.ca



saskhealthauthority.ca

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.