

# Healthy Food in Schools



**School Nutrition  
Information Line**

**Need more help with  
guidelines and  
policies?**

**Call 1-888-547-0535**

**toll free to get  
assistance from the  
school nutrition  
support team.**

**Visit the Food in  
Schools website:**

**[www.gov.mb.ca/  
healthyschools/  
foodinschools](http://www.gov.mb.ca/healthyschools/foodinschools)**

## School Food Matters—Special Events

Your event may be big or small, have many hands to help or only you to prepare a nutritious snack or meal. The following ideas are only a start to what can be nutritious and delicious at your school special event.

### Warm Ideas for Cold Day Events

- ✓ hot chocolate made with milk and a grain based bar
- ✓ half a toasted English muffin with warm tomato sauce and grated cheese
- ✓ warm whole grain bun with lean deli meat and a carton of milk
- ✓ tortilla wraps with canned beans in tomato sauce, grated cheese and salsa
- ✓ french toast made with raisin bread and a carton of milk
- ✓ peanut butter and banana wrap in a whole grain tortilla
- ✓ chili and warm bun beef stew and bread sticks
- ✓ baked potato with bean, cheese or vegetable topping

### Cold Ideas for Warm Day Events

- ✓ grapes or half an apple with cheese stick
- ✓ yogurt parfait cup with yogurt, cereal, and canned fruit pieces
- ✓ apple sauce and oatmeal cookie
- ✓ cup of raw vegetables and dip
- ✓ fruit slices or banana with vanilla yogurt cup
- ✓ cold lunch box with hard boiled egg, vegetable slices, bread sticks and dip
- ✓ yogurt cup
- ✓ pudding made with milk

### Nutritious Treats for Athletes

- ✓ frozen yogurt tube
- ✓ 100 per cent fruit juice
- ✓ water
- ✓ vegetable soup
- ✓ white, strawberry, vanilla, banana, or chocolate milk
- ✓ banana
- ✓ cracker
- ✓ whole grain or fruit muffin
- ✓ sliced hard cheese
- ✓ whole grain bagel
- ✓ peanut butter
- ✓ sliced watermelon

### Pair Up with Healthy Choices!

On occasion, foods with less nutrition are offered as part of a special event. If small portions of these foods are offered, pair them up with healthier foods when possible.

- ✓ pancake or frozen waffle, fresh fruit and milk
- ✓ donut and white milk
- ✓ rice crispy cake, sliced hard cheese and banana
- ✓ gelatin fruit cup and baked bannock
- ✓ cheese & cracker packages and carrot sticks
- ✓ hot chocolate (made with milk) and oatmeal raisin muffins
- ✓ frozen ice cream treats, sliced watermelon and cold water
- ✓ canned turkey, ham or chicken in whole wheat tortilla wraps and cucumber slices
- ✓ pizza (made with tomato sauce and part-skim cheese) and canned pineapple
- ✓ hot dogs (in whole wheat buns) and chocolate milk