

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)*

Wind-Up Party

Treat your school with these nutritious ideas for canteens, concessions, cafeterias and classrooms.

Quick and Easy Snacks

- ✓ Apple Slices
- ✓ Banana
- ✓ Watermelon
- ✓ Mini Carrots
- ✓ Popcorn
- ✓ Frozen Yogurt Tubes

BBQ Menu

- ✓ Beef Burger on Whole Wheat Bun
- ✓ Yogurt Cup
- ✓ 100% Fruit Juice

If you are serving hot dogs, pair them up with a nutritious choice

- ✓ Whole Wheat Bun
- ✓ Pudding Made with Milk
- ✓ Cheese Stick
- ✓ Orange Slices
- ✓ Grapes
- ✓ Chocolate Milk
- ✓ Sliced Cucumber
- ✓ Fruit Kabobs
- ✓ Fruit Cup
- ✓ Water

Canteen Recipe

Simple Fruit Smoothie

- 1 cup frozen strawberries
- 2 cups orange juice
- 1 banana, cut in pieces
- ½ cup milk
- 2 tablespoons sugar

Add ingredients together in blender.

Blend until smooth.

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