

# Healthy Food In Schools

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES

## A Focus for PARENTS

### Students who eat well have improved:

- concentration
- academic performance
- attendance
- self esteem
- behavior
- habits for a lifetime



### **What you send matters!** Pack snacks and lunches that your child will enjoy and give them energy to learn.

- Expect children to help plan, prepare and pack lunches & snacks. When they're involved they are more likely to eat (rather than trade) their lunch.
- Ask children how they would like to carry lunch (e.g. an insulated bag or lunch box). For some, the "right" container is important.
- Include a small frozen cold pack to keep perishable foods cold (remind child to bring it home!).

### **Use Canada's Food Guide** Canada's Food Guide makes it easy to choose foods wisely.

- Suggestions listed on the back will help you pack healthy and tasty lunches & snacks. For more ideas visit our website at [www.gov.mb.ca/healthyschools/foodinschools](http://www.gov.mb.ca/healthyschools/foodinschools) topics and tools making lunches
- A balanced lunch includes at least three of the four food groups.

Call toll free for assistance from the School Nutrition Support Team—1-888-547-0535  
Visit our website: [www.gov.mb.ca/healthyschools/foodinschools](http://www.gov.mb.ca/healthyschools/foodinschools)

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The food suggestions below do not exclude potential allergens.

<b>Vegetables and Fruit</b>	raw vegetables (carrot sticks, celery sticks, snap peas, cherry tomatoes, pepper strips), vegetable salad or coleslaw, raw fruit (sliced apple, small banana, grapes, mandarin orange, cut up melon, berries), canned fruit cup or apple sauce (no sugar added)
<b>Grain Products</b>	whole grain crackers, pita, tortilla bagel or bun, corn bread, English muffin, bran or oatmeal muffin
<b>Milk &amp; Alternatives</b>	milk, cheese string or cut up cheese, cottage cheese cups, milk based soup, yogurt dip for vegetables or fruit, yogurt cup frozen yogurt tube, yogurt drink
<b>Meat &amp; Alternatives</b>	hard-boiled egg or egg salad, mixed bean salad, hummus, baked beans, lean deli meat, chicken salad, tuna salad, salmon salad, peabutter (made from golden brown peas) , sunbutter (made from sunflower seeds, peanutbutter)

Leftovers	Make extra portions of supper the night before for easy lunches the next day. Try spaghetti and sauce, stir fry, stew, casserole, chili, soup, pizza, roasted meat sandwiches.
Soup or Baked Beans	Heat at home and put into a thermos or microwave at school (look for low sodium varieties). Serve with whole grain crackers, cheese and raw vegetables.
Pasta Salad	Let children decide what to put into the salad. Offer leftover cooked vegetables, shredded carrots, chopped peppers or tomatoes, cubed cheese, hard-boiled egg, leftover poultry or meat, canned tuna or salmon or sunflower seeds.
Kabobs	Skewer fruit , cheese or sandwich pieces to make a kabob.
Yogurt or Cottage Cheese Parfait	Add canned, fresh or frozen fruit to your child's favorite yogurt or cottage cheese and include a small container of cereal for your child to sprinkle on top.