

NUTRITION BITS AND BITES

Lunch Time Swaps



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<https://www.surveymonkey.com/r/88ZYW2P>



How nutritious are the lunches you pack for your kids?

It's easy to find yourself wanting to buy pre-packaged snacks because they're convenient, inexpensive and seem like the only thing your child will eat. However, these processed foods are known to have more sugar, fat and sodium in them. Packing a nutritious lunch doesn't have to be hard. Making a few changes to your child's lunch will not only increase its nutrition, but it will taste good too!

Nutritious Food Swaps for Your Child's Lunch

Making nutritious swaps to your child's lunch can be easy! Here are 5 tips to get you started:

1. Whole grain instead of white bread/ wraps. Switching to whole grain will boost your child's fiber intake.
2. Leftover lean meats instead of deli meat. Deli meats contain a high amount of sodium, saturated fats and additives. Thinly sliced roast meat works great on sandwiches.
3. Pick fruit instead of sugary snacks. Pack fresh or dried fruit instead of gummy fruit snacks; look for seasonal fruits to save money.
4. Homemade instead of pre-packaged snacks. Pre-packaged foods are often processed and contain many additives. Mini muffins are a great lunch box addition (see recipe)
5. Water instead of sugary drinks. Most fruit beverages contain a little fruit and a lot of sugar. Try infused water for something different.

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

Zucchini Chocolate Chip Muffins

Yield: 12 muffins or 24 mini muffins

Ingredients:

- 1 cup quick oats
- 1 cup whole wheat flour
- 1 tbsp baking powder
- ½ tsp cinnamon
- ½ cup granulated sugar
- 1 cup shredded zucchini, packed
- 2 tbsp canola oil
- 1 egg, lightly beaten
- ¾ cup skim milk
- ½ cup chocolate chips



Instructions:

1. Preheat oven to 400F. Line a muffin pan with paper muffin cups or spray with cooking spray.
2. In a large bowl, stir together oats, flour, baking powder, cinnamon, and sugar. Set aside.
3. In a medium bowl, combine zucchini, canola oil, egg and milk.
4. Add wet ingredients to the dry ingredients and stir until just moist. Fold in the chocolate chips.
5. Spoon batter into the muffin tin and bake for 20 minutes or until a toothpick inserted in the center comes out clean and muffins are golden.

Recipe source: canolaeatwell.com

Kids can help by:

- Measuring out ingredients
- Mixing ingredients together
- Scooping batter into muffin tins

Want more tips for packing school lunches?



Check out www.unlockfood.ca and search “school lunches”

**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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