

NUTRITION BITS AND BITES

Packing a Balanced School Lunch



The Untouched Lunch....

Are you frustrated when your child's lunch comes home mostly untouched? There could be a variety of reasons why they didn't eat; however, it's important to remember- it's the child's job to decide how much and whether to eat, not yours.

It can be useful to get feedback from the child and discuss if there is anything you can do to help them eat more at lunch. Perhaps pre-opening packages or sending less food if their appetite is typically low at noon.

It's also helpful to get kids involved in packing their own lunches early on. They may be more inclined to eat a lunch they had a hand in preparing themselves.

Packing an A+ lunch

Packing an A+ lunch everyday can be easy when you follow these 5 steps!

1. Keep it simple and ensure the meal incorporates fruits and vegetables, whole grain products and protein. Water to drink is always a great choice too!
2. Plan and prep beforehand. It can be helpful to have a rough schedule of what you plan to pack for the week. This can make grocery shopping, food prep, and packing so much easier.
3. Pack the night before. Trying to pack lunches during the chaos of mornings can lead to unbalanced meals. Skip the stress and do most of the work when you have time in the evening.
4. Get the kids involved. Although it's the caregiver's job to provide the food, kids can help by washing fruits and veggies, getting out supplies or filling water bottles.
5. Make it safe! Remember to keep hot foods hot and cold foods cold. Use a good quality thermos or ice packs to ensure food stays fresh and free of bacteria. Don't forget to regularly clean lunch kits and wash water bottles too!

Banana “Sushi”

Here is a fun and easy lunch box or after school snack idea for kids of all ages.
Get creative and see what fun combinations you can make!

Ingredients:

2-3 bananas
½ cup of chocolate chips melted or ½ cup of nut or seed butter
or ½ cup of whipped cream cheese
A variety of:
Shredded coconut
chia seeds
sprinkles
mini chocolate chips
hemp hearts
breakfast cereal
granola

Method:

1. Peel bananas and spread desired “sticky” ingredient (melted chocolate or nut/seed butter or cream cheese) onto the bananas
2. Sprinkle desired topping onto the coated bananas and cut up bananas to achieve a circle shape
3. Eat immediately or let firm up in fridge for 20 minutes. Leftovers can be put in the freezer for a cool snack another day.



TIP: Try using chopsticks to pick up and eat the “sushi”



Scan the QR code for more tips on packing school lunches



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/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

Created by Registered Dietitians from Southern Health-Santé Sud

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