

Healthy Lunchboxes



How to Make a Healthy Lunchbox

- ▶ A child's lunchbox should make up a complete meal.
- ▶ Include foods from each food group from *Canada's Food Guide* (CFG).
- ▶ Include a mid-morning snack, a healthy dessert and two healthy drinks (at least one should be water).

▶ For a balanced meal, you need:

GRAIN (bread, wrap, bagel, cereal, pasta etc.)

PROTEIN (meat, cheese, fish, tofu, etc.)

FRESH FRUIT AND VEGETABLES

3 Faster Ways to Healthy Meal Planning

1. Start meal planning

Save time and mental exertion wondering if the family is getting proper nutrition.

Streamline the grocery shopping by helping make a grocery list in advance.

Get the kids involved with their own checklist

Resource: <http://mealplanner.eatrealgood.com/>

2. Make an extra large batch

Double the amount of food and set aside what you'll be serving for your next meal.

Place each portion in its own separate container, label, and store in your freezer.

Freezing works well for bean dishes, soups, stews, rice, sauces, waffles, muffins, bread, and other foods.

3. Eat more "raw" foods

Eat a wide variety of unrefined foods (fruits, vegetables, whole grains, legumes, nuts, seeds).

Raw fruit or vegetables should be included in every meal.

Strive to include a variety in color, texture and taste (sweet, sour, savory, or bland).

Homemade "Lunchables": BBQ Chicken Pizza

1 cup pizza sauce

1 12-inch Italian pizza crust

8 green pepper rings

1 tomato, sliced

1 cup mushrooms, sliced

4 ounces cooked chicken breast, sliced about 1-inch thick, with all visible fat removed

2 tablespoons BBQ sauce

1 cup reduced-fat mozzarella cheese, shredded

1. Preheat the oven to 400 F.
2. Spread the sauce evenly over the pizza crust. Add the pepper, tomato, mushrooms and chicken. Drizzle barbecue sauce over the pizza and top with cheese.
3. Bake about 12 to 14 minutes. Cut the pizza into 8 slices.

Allergens and Alternatives

Food Allergen	Alternative
Eggs	In baked goods: mashed banana, applesauce, gelatin blend, ground flax seed and warm water
Dairy	Milk: Soy, rice, potato, almond
Wheat	Rice flour, chick pea flour, potato starch, tapioca flour, ground rolled oats
Tree Nuts	Soy nut butter, sunflower butter... Peanut Allergy: Almond butter, Hazelnut butter