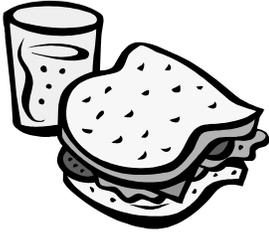
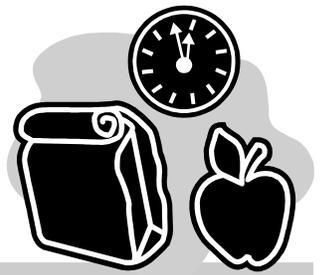


Healthy Eating

for the Balanced School Day



A change in routine can be a challenge. While the new Balanced School Day is a change in routine, it doesn't need to be difficult. Follow these tips to assist you in packing food for the school day.

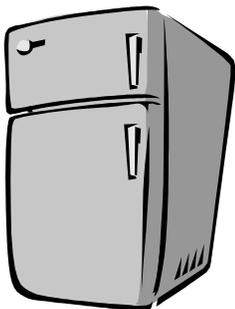
Healthy Eating Tips

- Children on the Balanced School Day timetable need the same amount of food during the day as other children do – only the timing of when this food is eaten will be different.
- It doesn't really matter which foods your children choose to eat at the breaks, more important is that they eat a variety of foods from Canada's Food Guide to Healthy Eating over the course of the day.
- Sandwiches can be cut in half and wrapped separately – one half for each break.
- Foods that are packed in a thermos may be hotter and taste better if they are eaten during the first break.
- Cold foods like juice and yogurt can be frozen to help them last to the second break.
- Choose nutritious drinks such as milk, 100% fruit juice or water.
- Discuss and plan what to eat at each break with your child. For younger children it might help to label foods as "lunch 1" and "lunch 2".
- Be patient and flexible! Remember that children's appetites do change; encourage children to eat only when they feel hungry. Talk with your child about how the nutrition breaks are going to make changes as necessary.



Pack 'em Safely

- Wash hands before, during and after preparing food.
- Pack foods like deli meats, tuna, egg salad and milk with a small freezer pack in an insulated lunch box or bag.
- Wash all vegetables and fruit thoroughly.
- Freeze juice boxes and yogurts to help keep lunches cool.
- Prepare meat sandwiches and other foods to be kept cold the night before. Leave them in the refrigerator overnight to chill well.
- Make sure hot foods are steaming hot when they are put in a thermos. Preheat the thermos with boiling water.
- Use fresh ingredients or leftovers that are not more than one day old.
- Clean lunch boxes or bags, food containers and all utensils every day.
- Food wrappings should not be reused. They can carry bacteria.



Nutritious Sample Menus for the School Day

These sample menus feature the four food groups of Canada's Food Guide to Healthy Eating.



Monday

Pita pocket with vegetables and beans or cold meat
Homemade whole grain muffin
Milk
Banana
Milk pudding cup
Water or 100% fruit juice



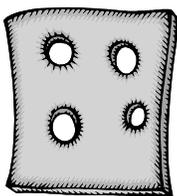
Tuesday

Egg salad on a whole-wheat bagel
Vegetable soup
Milk
Graham crackers
Fruit cup
Water



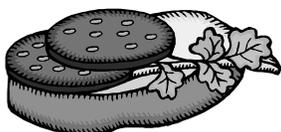
Wednesday

Top an English muffin with tomato sauce, cheese, ham and pineapple
Yogurt topped with dry cereal
Green and red pepper rings
100% fruit juice
Oatmeal cookies



Thursday

Hot chilli with shredded cheese
Whole wheat roll
Cucumber slices
Clementine
Milk
Banana bread



Friday

Pasta salad with corn, peas, carrots, celery
Cheese strings
Slice of deli meat
Milk
Pineapple rings
Whole grain crackers



For more information, please call
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Growing Healthy Together

