



School lunch ideas

Tips for making lunches!

Make it together – Packing lunches is a great opportunity to get kids in the kitchen, helping prepare food and learning what makes up a meal (see inside panel *Packing School Lunches*). Bonus - when kids are involved in food preparation they are more likely to enjoy eating it the next day!

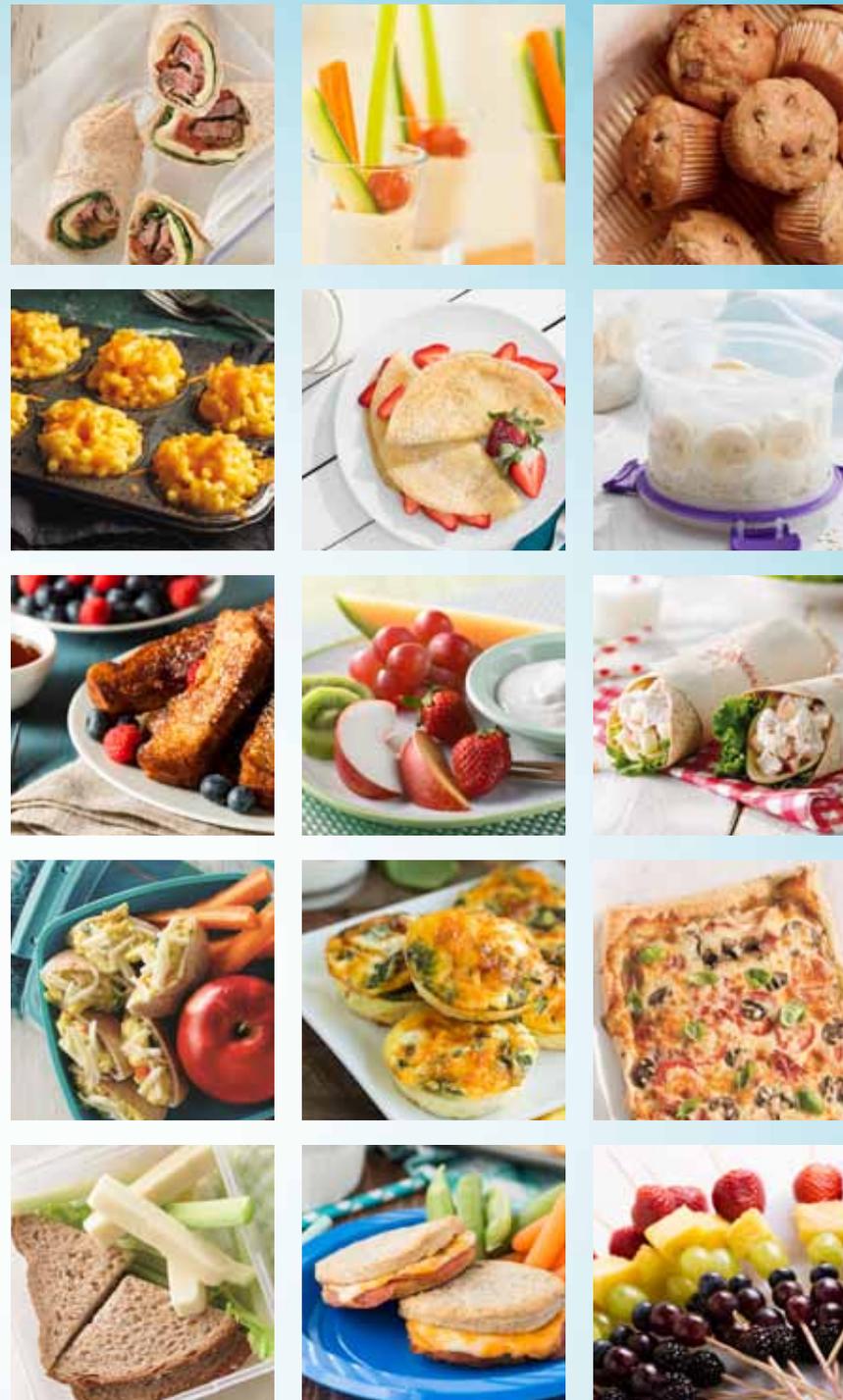
Try meals in a jar - When kids get tired of the same lunch routine, try meals in a jar. They can be made in advance and are an easy way to mix it up. For inspiration, check out the Meals in a Jar recipe series: Salads on the go, Overnight oats, and Breakfast parfaits at dairybest.ca.

Dip it good – sometimes fresh veggies and fruit are more delicious with dip! Choose a yogurt based dip like *Yogurt Veggie Dip* or *Fruidelicious Dip* and make it together. Find these recipes at dairybest.ca.

Double duty freezer packs – Step 1: freeze yogurt tubes or cups, Step 2: add yogurt to lunch before going to school and it doubles as an icepack! Yogurt stays cold all morning and thaws just in time for lunch.

Think your drink – School milk is always a cold, nutritious and convenient beverage choice. With 15 essential nutrients including calcium, protein and vitamin D, milk supports bone growth and development for life. Contact the school to find out how you can purchase milk for your child through your school's Milk Program.

For easy lunch ideas



For these recipes and more visit dairybest.ca

SCHOOL LUNCHES MADE EASY





An easy choice!

Your child's school supports a nutritious food environment and that includes having a School Milk Program. Milk at lunch helps provide the energy and nutrients children need to grow and perform their best physically and mentally.

Here's how the School Milk Program works:

The School Milk Program encourages students to develop the healthy habit of drinking milk by making it available at lunch and celebrating milk throughout the year as a nutritious choice.

Everyone plays an important role in the School Milk Program. The school makes cold refreshing milk available to students, parents help their children purchase milk, and students drink milk – a nutritional powerhouse to complete their lunch.

The benefits:

1. Cold milk is available to students
2. It's easy and convenient for parents
3. It encourages life-long healthy eating habits

For more information about your school's Milk Program and how your child can drink milk at school, call the school and ask for the school's Milk Coordinator.

No other drink compares to milk.

When it comes to quenching thirst, water is a great choice. With a meal, include milk to provide your growing student with energy and 15 important nutrients to fuel their potential. Milk provides 6 of the 8 essential nutrients many Canadians do not get enough of.

	WHITE 2% MILK	CHOCOLATE 1% MILK	100% JUICE	FRUIT DRINK	SPORTS DRINK	POP	WATER
Calcium [% DV]	24	24	2	1	-	1	-
Vitamin D [% DV]	17	18	-	-	-	-	-
Iron [% DV]	1	9	7	3	2	-	-
Potassium [% DV]	8	10	12	1	1	-	-
Protein [g]	9	9	2	-	-	-	-
Fat [g]	5	3	-	-	-	-	-
Added sugar [g]	-	13	-	30	14	28	-
Total sugar [g] (naturally occurring + added)	13	26	22	30	14	28	-

All beverages are based on a 250 mL serving from the Canadian Nutrient File. Percent daily value (%DV) is based on Dietary Reference Intakes for children ages 9-13. Vitamins and minerals listed are nutrients of public health concern, where Canadians typically do not get enough

Packing School Lunches

Packing school lunches that follow a healthy eating pattern means providing a variety of foods including: Vegetables, fruit, whole grains, and protein foods. Amongst protein foods, some protein foods contain calcium, while others do not. Calcium is important for children to develop strong bones and reduce the risk of osteoporosis later in life. Milk products - like milk, yogurt and cheese - are among the very few foods that are naturally rich in calcium, which is also well absorbed by the body. Milk products are also amongst the highest quality sources of protein.

To plan a school lunch (or any meal),

- ▶ offer one or more items from each of the foods grouped below AND
- ▶ include a **bone building** food to ensure the presence of calcium and protein, both needed for children to develop strong bones.

Offer an item(s) from each of these foods:

Vegetables & Fruit

- cut carrots, celery
- snap peas
- bell pepper slices
- cherry tomatoes
- cucumber slices
- mushrooms
- cauliflower, broccoli
- lettuce, spinach, kale
- salsa
- vegetable soup
- canned fruit
- applesauce
- grapes
- cut melon
- apple, orange, pear, banana
- peach, nectarine, plum
- berries
- pineapple, kiwi, mango
- avocado

Whole Grains

- bread, bun, bagel, wrap, flatbread, pita
- bannock
- oats/oatmeal
- cooked quinoa, barley, buckwheat, bulgur, amaranth, farro, freekeh
- cooked rice, wild rice
- cooked pasta, couscous
- granola
- cereal
- muffin
- granola/cereal bars
- crackers
- rice cakes/crackers
- pancakes, waffles

Proteins

- milk
- cheese stick/string
- sliced/cubed hard cheese
- cottage cheese
- yogurt
- kefir
- fortified soy beverage

Bone builders = calcium + protein

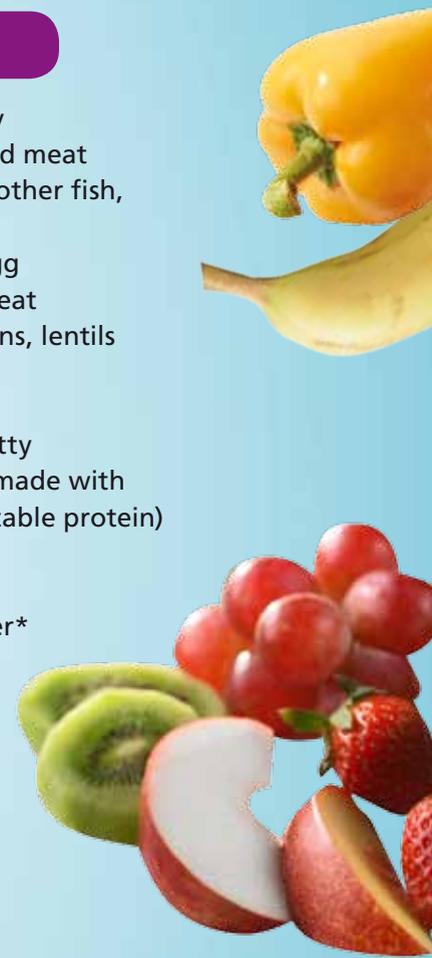


- chicken, turkey
- beef, pork, wild meat
- tuna, salmon, other fish, shellfish*
- hard-boiled egg
- roasted deli meat
- chickpeas, beans, lentils
- tofu
- egg salad
- hamburger patty
- veggie patty (made with legumes/vegetable protein)
- hummus
- nuts/seeds*
- nut/seed butter*



Many nutritious lunch foods contain 2 or more foods from the lists above: Yogurt parfait, overnight oats, salad, sandwich/wrap/pita, tacos/burritos/quesadillas, pizza, spaghetti, chili, stew, soup, casserole etc.

*Note: when packing lunches keep in mind classroom or school food allergy policy.



The School Milk Program is courtesy of

