

# Healthy Food In Schools

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES

## Food for a **BALANCED SCHOOL DAY**

The Balanced School Day is a way of scheduling class and break time with two breaks for eating, replacing the traditional one hour lunch break. The Balanced School Day allows food to be packed in a number of combinations depending on you child's likes and appetite.

Below are a few different ways food can be balanced throughout the day.

break one: breakfast	break one: snack	break one: 1/2 lunch plus snack
break two: lunch	break two: lunch	break two: 1/2 lunch plus snack

- Expect children to help plan, prepare and pack meals & snacks. When they're involved they are more likely to eat their food packed from home. Talk to your child, and together decide how food should be packed and labelled to help them figure out what to eat and when.
- Include a small frozen cold pack to keep cold foods cold and an insulated container to keep hot foods hot. To keep food hot in an insulated container it helps to first pre-heat the container with boiling hot water. Let the hot water heat the container for a few minutes then empty and fill with steaming hot food.
- What you send matters, pack foods that your child will enjoy and give them energy to learn. Canada's Food Guide makes it easy to choose foods wisely.
- Suggestions listed on the back will help you pack healthy and tasty meals & snacks. Visit our website at [www.gov.mb.ca/healthyschools/foodinschools](http://www.gov.mb.ca/healthyschools/foodinschools) topics and tools making lunches for more ideas.

Call toll free for assistance from Manitoba Healthy Food in Schools —1-888-547-0535

Visit our website: [www.gov.mb.ca/healthyschools/foodinschools](http://www.gov.mb.ca/healthyschools/foodinschools)

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The food suggestions below do not exclude potential allergens.

<b>Vegetables and Fruit</b>	raw vegetables (carrot sticks, celery sticks, snap peas, cherry tomatoes, pepper strips), vegetable salad or coleslaw, raw fruit (sliced apple, small banana, grapes, mandarin orange, cut up melon, berries), canned fruit cup or apple sauce (no sugar added)
<b>Grain Products</b>	whole grain crackers, pita, tortilla, bagel or bun, corn bread, English muffin, bran or oatmeal muffin, whole grain cereal
<b>Milk &amp; Alternatives</b>	milk, cheese string or cut up cheese, cottage cheese cups, milk based soup, yogurt dip for vegetables or fruit, yogurt cup frozen yogurt tube, yogurt drink
<b>Meat &amp; Alternatives</b>	hard-boiled egg or egg salad, mixed bean salad, hummus, baked beans, lean deli meat, chicken salad, tuna salad, salmon salad, peabutter (made from golden brown peas) , sunbutter (made from sunflower seeds), peanut butter

Leftovers	Make extra portions of supper the night before for easy lunches the next day. Try spaghetti and sauce, stir fry, stew, casserole, chili, soup, pizza, roasted meat sandwiches.
Soup or Baked Beans	Heat at home and put into a thermos or microwave at school (look for low sodium varieties). Serve with whole grain crackers, cheese and raw vegetables.
Pasta Salad	Let children decide what to put into the salad. Offer leftover cooked vegetables, shredded carrots, chopped peppers or tomatoes, cubed cheese, hard-boiled egg, leftover poultry or meat, canned tuna or salmon or sunflower seeds.
Kabobs	Skewer fruit , cheese or sandwich pieces to make a kabob.
Yogurt or Cottage Cheese Parfait	Add canned, fresh or frozen fruit to your child's favorite yogurt or cottage cheese and include a small container of cereal for your child to sprinkle on top.