

A+ Lunch Tips

Pack those veggies and fruit!



According to a Canadian survey, 7 out of 10 children get less than the recommended servings of five fruits and vegetables per day¹. That's 70 percent of them! 5 servings may sound like a lot, but if you include fruit or vegetables with every meal (maybe a fruit with breakfast and a vegetable with both lunch and dinner), and include veggies or fruit in two snacks throughout the day then bingo, you did it! Fruit and vegetables are packed with vitamins and minerals, as well as fibre. Sending fruit and veggies in your child's lunch bag is a great way to get those servings in.

Here are some ways to make it fun:

- ✓ Kids are in a hurry to get outside and run around at recess, which is a good thing. So if they can eat their snack quickly, they are more likely to. Cut veggies and fruit in bite size pieces so kids can easily eat it without any prep.
- ✓ Go for colour and shape. Part of the taste experience comes from how food looks: if it looks good, kids are more likely to eat it. Bright, colourful veggies and fruit cut in fun shapes will draw them in.
- ✓ **Fruit ideas:** melon balls, apple wedges with lemon (to keep them from browning), orange sections, berries, bananas, grapes, watermelon chunks
- ✓ **Veggie ideas:** diced or sliced red, yellow and orange peppers, carrot sticks, sugar snap peas
- ✓ If your child likes to dip, include a small container of plain Greek yogurt--a good source of protein with a thick consistency that's perfect for dipping.

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1- Heart and Stroke Foundation of Canada Schools and Nutrition Position Statement, heartandstroke.ca



The Lunch Lady is proud to be offering new Smarter Meals at participating schools. Smarter Meals are healthy options that are limited in sodium and fat and are good sources of protein. For more information about the Smarter Meals and our participation in the "Nourishing School Communities" initiative, see our menu or go to www.thelunchlady.ca