

Packing School Lunches

Involve children and youth in planning and packing lunches. When kids help, they are more likely to eat and enjoy the food! Let them pick items from each of the three food categories in [Canada's Food Guide](#). Check out the ideas below:

- **Leftovers** make great lunches.
- **Don't forget water.** Use a CLEAN reusable bottle.
- **Keep food safe.** Use reusable, insulated containers for hot food and insulated lunch bags and ice packs for cold food. Wash them every day.
- Before you pack, **check the school's food allergy guidelines.**



Image: food-guide.canada.ca

Vegetables and Fruit

Aim for 1/2 the lunch

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|--|----------------------------------|
| • Broccoli | • Bananas |
| • Cauliflower | • Apple sauce |
| • Carrot and celery sticks | • Frozen berries |
| • Cucumber slices | • Oranges |
| • Cherry tomatoes | • Pineapple |
| • Red or green peppers | • Strawberries |
| • Tomato, cucumber, or lettuce in a sandwich | • Fruit salad or kabobs |
| • Veggie stir fry | • Pears |
| • Butternut squash soup | • Canned peaches |
| | • Grapes |
| | • Saskatoon berries |
| | • Kiwis cut in half with a spoon |

Whole Grains

Aim for 1/4 the lunch

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| • Whole grain bread, pita, naan, bannock, or tortilla | • Brown or wild rice |
| • Quinoa or barley | • Low sugar whole grain cereals |
| • Whole grain crackers | • Buckwheat pancakes |
| • Oats or oatmeal | • Homemade whole grain muffins |
| • Whole grain noodles | |

Protein Foods

Aim for 1/4 the lunch

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|--|------------------------------------|
| • Boiled or deviled eggs | • Canned tuna |
| • Leftover turkey, beef, chicken, pork, or lamb | • Sunflower seeds |
| • Beans or lentils in: chili, curry, stew, soup or salad | • Low sugar yogurt |
| • Baked or stir fried tofu | • Cheese cubes |
| • Soups made with milk | • Hummus |
| | • Unsweetened milk or soy beverage |

For more meal and snack ideas, check out Canada's Food Guide recipe page at: food-guide.canada.ca/en/kitchen

Written by Public Health Nutritionists of Saskatchewan (2022)
Krista Sawatzky, RD | Swift Current & Area
krista.sawatzky@saskhealthauthority.ca



saskhealthauthority.ca

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.