

Breakfast, Lunch and Snack Ideas

Children need healthy meals and snacks to grow, learn and play.

Breakfasts of Champions

Get the kids off to a good start with a healthy breakfast. Breakfast does not have to be fancy or traditional. Try leftovers, crackers and cheese or a sandwich. No time in the morning? Get breakfast ready the night before or pack extra food with lunch so your children can eat on the way to school or when they get there. Here are some breakfast ideas:

Yogurt Shake

In a blender mix fruit, yogurt, milk and all-bran cereal.

Cheese Boats

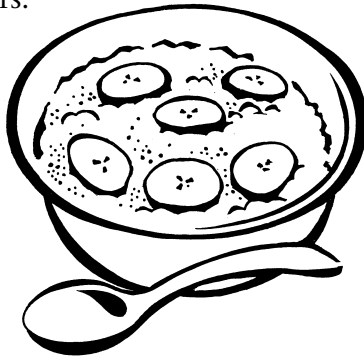
Spread cheese on celery sticks. Serve with toast or crackers.

Jiffy Pizza

Top half a wheat bun or English muffin with tomato sauce and mozzarella cheese. Bake or microwave.

Happy Face Cereal

Top hot cereal with slices of bananas or dried fruit pieces to make a happy face.

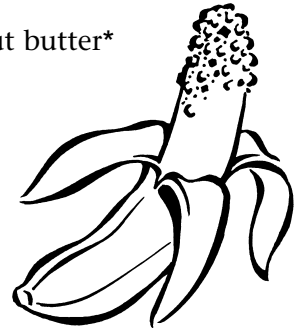


Apple Treasures

Core an apple, stuff with peanut butter* and top with raisins.

Nutty Bananas

Dip a banana in crushed nuts* or dry whole grain cereal. Enjoy with a glass of milk.



Breakfast Trail Mix

Mix together different dry cereals, pretzels, and nuts* in a plastic baggie. A juice box makes it a complete breakfast to go.

Sandwiches

Try egg salad, cheese, peanut butter*, tuna or salmon and use a variety of different grain products like bread, rolls or tortilla wraps.

Mid-Day Munchies

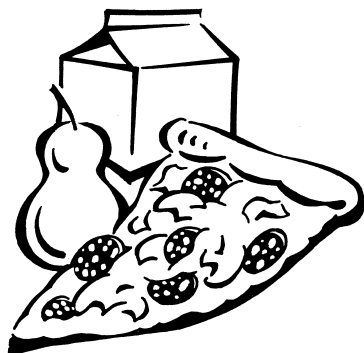
Lunches for school can taste good, be easy to pack and eat, and be healthy! Choose a variety of foods from the four food groups of Canada's Food Guide to Healthy Eating. Jazz things up by trying different types of grain products to make sandwiches. Add something different to sandwich fillings like raisins, grated carrot or apple. Enclose a funny note or cartoon for a special surprise. Here are just a few healthy lunch ideas:

Pizza Lunch

Leftover pizza
Pear
Milk

"Enviro" Cracker Lunch Packs

Skip the pre-packed and make your own:
Variety of Crackers
Slices of cheese, lean meats, boiled egg
Sliced cucumber and peppers
Yogurt and fruit

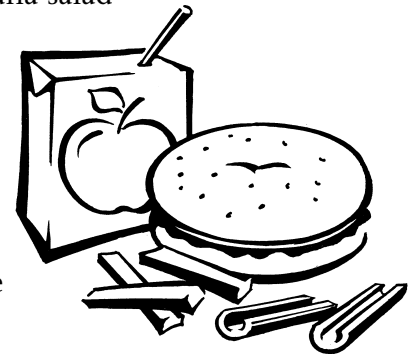


Bagel Sandwich Lunch

Bagel sandwich with tuna salad
Carrot and celery sticks
Apple Juice

Wrap 'n Roll Lunch

Tortilla wrap with ham, cheese and lettuce
Banana & Orange Juice



Snacks that Count

Don't forget to pack a snack for recess! Snacks help give kids the extra energy and nutrients they need. Choose snacks that have foods from 1 - 2 food groups from *Canada's Food Guide to Healthy Eating*. Here are some healthy snack foods:

Grain Products

- whole grain bread
- crackers
- cereal
- muffin
- oatmeal cookies
- pita bread
- bagel

Milk Products

- milk
- yogurt
- hard cheese
- cottage cheese
- pudding

Vegetables & Fruit

- raw fruit
- canned fruit
- raw vegetables
- fruit juice
- vegetable juice

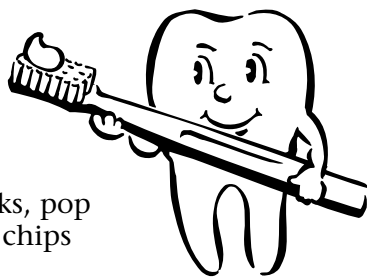
Meat & Alternatives

- lean meat slices
- sunflower seeds
- hard-boiled eggs
- peanuts or peanut butter*



Snacks to Eat Less Often

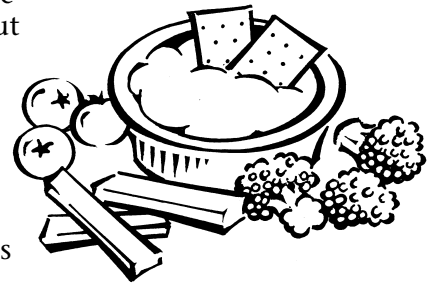
- chocolate bars
- suckers, candy
- donuts, sweet rolls
- pies, cakes, brownies
- fruit roll-ups
- chewing gum
- sweetened fruit drinks, pop
- potato chips, nacho chips
- dry soup mixes



All foods can be part of healthy eating, but some make better snacks than others. Foods that are high in fat and/or sugar and low in nutrition are "sometimes" foods - not "everyday" foods. Sweet or sticky foods are best enjoyed at home where teeth can be brushed afterwards.

Try a Great Snack Combination

- Crackers and cheese
- Crackers and peanut butter*
- Half of a sandwich
- Muffin and fruit
- Milk and oatmeal cookies
- Fruit and yogurt
- Crackers, vegetables & dip
- Pizza



Keeping Foods Safe at School

Keep lunches and snacks safe at school. Here are some food safety tips:

- Store lunches in the refrigerator until the kids are ready to leave for the day.
- Use an insulated lunch bag and an ice pack or a frozen juice box to store foods that need to be kept cold.
- A thermos should not be used to keep hot foods hot. A thermos may not keep foods hot enough to prevent food poisoning. Foods like soup, spaghetti and other casseroles should be kept cold and reheated at schools, when possible.
- Clean lunch bags, plastic containers and all utensils every day. Do not reuse plastic, wax paper or tin foil wrappings - they might carry bacteria.

**Some children have life-threatening allergies to peanuts or other foods. Find out if your child's school has a food policy.*

Developed by Public Health Services in Northern Nova Scotia.