

## BALANCED SCHOOL DAY TIPS

It doesn't really matter which foods your children choose to eat at the breaks, it's more important that they eat a variety of foods over the course of the day. Sandwiches can be cut in half and wrapped separately—one half for each break. Foods that are packed in a thermos may be hotter and taste better if they are eaten during the first break. Cold foods like juice and yogurt can be semi-frozen to help them stay cold to the second break.

### How will I know if my child is getting enough?

You'll need to ask! A healthy, active child's appetite is your best guide to how much food to pack. The two mini-meals for each day in this planner are designed to provide about 1/2 of the daily energy needs for kids 7-13 years old. Younger children need smaller portion sizes. Since boys need more energy per day than girls, some boys may need more servings of food. If your child tells you he's still hungry after finishing his mini-meals, pack more whole grain products, vegetables and fruit. If food is coming home at the end of the day, pack smaller portions.



### Serving Sizes for Younger Children

For kids 4-5 years old, a portion size varies from one-half to the full size for foods in each food group. Generally, the size of a portion increases with age. For example, a two year old may eat a half slice of bread, whereas a four year old is more likely to eat a whole slice. Both of these can be counted as one child-size serving of grain products.

Food Group	Number of servings to pack for the school day	Examples of one serving
Grain Products	2-3	1 slice of bread; 1/2 cup pasta or rice; 1/2 bagel, bun or pita, 1 cup flaked cereal; 1 small muffin; 8 soda crackers
Vegetables & Fruit	2-4	1/2 cup juice; 1 medium apple, orange, banana, pear, plum, carrot, pepper; 1 stalk of celery; 1/3 of a cucumber; 1/2-1 cup of grapes; 3 tbsp raisins; 1/2 cup applesauce or fruit cup; 2 slices of pineapple; 1 cup tossed salad
Milk Products	1-2	1 cup of white or chocolate milk; 1 cup of soy beverage; 3/4 cup yogurt; 50 grams hard cheese; 2 slices processed cheese; 2 tbsp cheese spread
Meat & Alternatives	1/2-1	50-100 grams meat, fish or poultry; 1-2 eggs; 1/3-2/3 of a can of salmon or tuna; 1/3 cup tofu; 2 tbsp hummus; 1/2-1 cup baked beans or bean salad