

BALANCED SCHOOL DAY

COOL IDEAS FOR NUTRITION BREAKS

Packing meals for the balanced school day can be any easy and fun task. Meals can be balanced in a variety of ways. You can organize your child's meals for their school breaks according to any 3 examples:

	Example One	Example Two	Example Three
Break One	Snacks	1/2 of lunch + snack	Breakfast
Break Two	Lunch	1/2 of lunch +snack	Lunch

Each child has their own unique eating habits, likes, dislikes and appetite. Talk with your child to see what approach they would prefer when planning their meals for school. If your child does not eat breakfast before school, this can be a time to add breakfast to their daily routine. Try to include foods from at least 3 of the 4 food groups for each break (grains, vegetables and fruit, milk, meat and alternatives).

Easy Tips to Help Pack School Meals Your Child Will Eat:

LABEL AND SEPARATE

- Label each bag: Break One, Break Two
- Put dividers in the lunch bag so the child eats everything above the cardboard in the first break and then lifts the card and eats the rest at the second break

PLANNING AND PREPARING LUNCH

- Send leftovers, like cold pizza, stew, macaroni and cheese, etc. for one break in a thermos. Use the other break for snacks
- When making weekend meals, make extra and freeze leftovers in individual portion sizes
- Bake muffins, banana bread or cookies on the weekend to use during the week

KEEPING FOODS HOT AND COLD

- To keep foods hot use an insulated bottle or thermos. First, fill the bottle with boiling water and let it stand for a few minutes. Then empty the bottle and fill it with steaming hot food.
- To keep food cold, use an insulated lunch bag and pack a frozen drink that will thaw by lunch, or use a freezer pack
- Great food items to freeze are bottle water, drink boxes, reusable beverage containers or yogurt