

TIPS ON PACKING HEALTHY LUNCHES



How to pack healthy lunches for growing bodies.

- ✓ **Fruits-** allow your child to pick one or two of their favorite fruits and pack it.
- ✓ **Veggies-** allow your child to choose one favorite veggie, and include a new veggie each week and make it fun and tasty, by cutting them up with metal cookie cutters to along with tasty dips.
- ✓ **Healthy Sandwiches-** use whole grain or sprouted variety of bread, add avocado, lettuce, or mixed greens, olive oil mayo, mustard and protein slices of left overs chicken, and roast.
- ✓ **Healthy Drinks-** make homemade juices for drinks, or purchase low sugar based juices, water with squeezed citrus fruit in juice container
- ✓ **Lunch Alternatives-** left over soups, stews and dinners placed in thermos containers, and homemade smoothies that include; almond milk, flax meal, and fruits.
- ✓ **Healthy Sweet Treats-** dried fruit and homemade cookies or cupcakes made with whole grain flours and natural sweeteners such as coconut flour, quinoa flour, old fashion oats , black strap molasses, stevia, agave nectar, or unpasteurized honey

Getting your kids to eat more veggies is easier at home than at school. Each week allow your child to pick out a new veggie the next time you're at the grocery store, and educate them about the importance of the chosen veggies, from the internet, and allow them to participate in preparing snacks and meals with the new veggie they have chosen.

Studies have shown the kids will be more willing to eat different veggies and foods when they participate and are educated about the foods impact them.

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