



“Cool” Lunch Guide

FOR: _____
[your name]

“Cool” lunches happen when kids get to plan and make the foods they love to eat. Having children take ownership of preparing lunches is a recipe for success!

Check out some ideas below, and then use the blank chart to create your own “Cool” lunch plan. Don't know where to start? Consult Dietitians of Canada website at www.dietitians.ca for tips and ideas.

How it works? Have your child pick one food from each of the columns of the “Cool” Lunch Guide. Work together to create fun and interesting lunches to go.

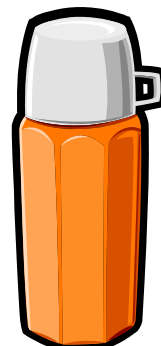
Starting with the Grain	On top, in between, or on the side	Crunch!	Thirst Quenchers	Kid pleasing additions
* <i>Choose whole grains often!</i> Bagel Pita bread Hamburger/ Hot dog bun Bread Flatbread / Tortilla Pasta / Noodles Rice English muffin Muffins Crackers Breadsticks	Cheese (shredded, cubed, sliced) Cream cheese Cottage cheese Luncheon meat Hard boiled egg Leftover chicken or turkey Canned fish (tuna, salmon...) Tofu Hummus Canned beans	Carrots Celery Lettuce Peppers Cucumber Apple Pear Strawberries Oranges Bananas Broccoli Cauliflower Sunflower and sesame seeds Pickles	Milk, white or chocolate 100% fruit juice Vegetable juice or cocktail Yogurt and fruit shakes Water	Yogurt - for eating or dipping fruit or vegetables Cereal bar Pudding Canned fruit Squares (date, rice cereal...) Raisins Cookies (oatmeal, raisin...)

* Please note that peanut products may not be allowed at due to allergy concerns.

The Healthy Lunch Checklist:

Does your lunch include:

- ✓ Four food groups
- ✓ *Whole* grains
- ✓ Lower fat milk choices
- ✓ Lower fat meat or alternative
- ✓ Dark green or orange vegetable or fruit
- ✓ Appropriate serving sizes
- ✓ Other foods only a small portion
- ✓ Cold food kept cold and hot food kept hot until time to eat
- ✓ Something special (such as a fun pencil, sticker, secret note, fancy straw...)





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