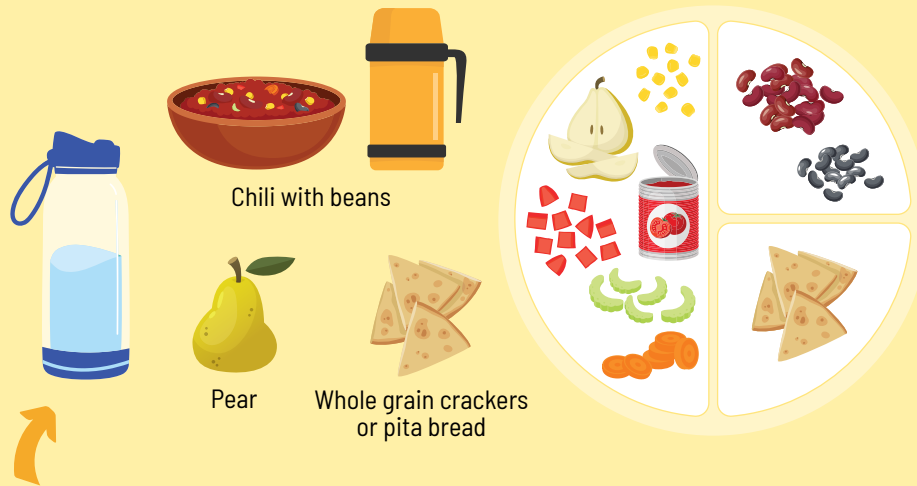


Here is an example of a balanced lunch according to Canada's Food Guide.



Add a reusable water bottle

Water is the best drink to stay hydrated!

Choose a nutritious dessert

Examples: fresh fruit, plain yogurt with fruit, homemade whole grain muffin, etc.

Think about snacks

→ Add one or more snacks, as needed.

→ A snack may consist of one or more foods, depending on how hungry the child is.



Vegetables + hummus



Apple + cheese



Homemade muffin

Encourage your child to listen to their hunger

Your child's hunger may vary from day to day. So it's up to them to decide how much of the food in their lunch box they eat.

Keep food at the right temperature

To keep food at the right temperature all day in the lunch box, use:

- ice packs for cold food;
- an insulated container (thermos) for hot food:
 - warm the container by filling it with boiling water,
 - close the lid and wait 10-15 minutes,
 - empty the hot water out and pour the reheated food into the container.

Empty and clean the lunch box

When the school day is over:

- compost perishable foods (foods that must be kept cold or hot) if they have been in the lunch box all day;
- clean the lunch box and reusable water bottle with hot water and soap.

Don't forget food allergy precautions

Explain to your child that it is important not to share their food with their friends.

