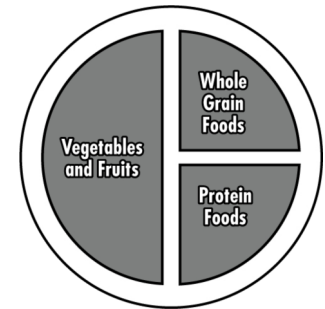


Packing School Lunches

Involve children and youth in planning and packing lunches. When kids help, they are more likely to eat and enjoy the food! Let them pick items from each of the three food categories in [Canada's Food Guide](#). Check out the ideas below:

- **Leftovers** make great lunches.
- **Don't forget water.** Use a CLEAN reusable bottle.
- **Keep food safe.** Use reusable, insulated containers for hot food and insulated lunch bags and ice packs for cold food. Wash them every day.
- Before you pack, **check the school's food allergy guidelines.**



Vegetables and Fruit Aim for 1/2 the lunch	
<ul style="list-style-type: none"> • Broccoli • Cauliflower • Carrot and celery sticks • Cucumber slices • Cherry tomatoes • Red or green peppers • Tomato, cucumber, or lettuce in a sandwich • Veggie stir fry • Butternut squash soup 	<ul style="list-style-type: none"> • Bananas • Apple sauce • Frozen berries • Oranges • Pineapple • Strawberries • Fruit salad or kabobs • Pears • Canned peaches • Grapes • Saskatoon berries • Kiwis cut in half with a spoon

Whole Grains Aim for 1/4 the lunch	
<ul style="list-style-type: none"> • Whole grain bread, pita, naan, bannock, or tortilla • Quinoa or barley • Whole grain crackers • Oats or oatmeal • Whole grain noodles 	<ul style="list-style-type: none"> • Brown or wild rice • Low sugar whole grain cereals • Buckwheat pancakes • Homemade whole grain muffins

Protein Foods Aim for 1/4 the lunch	
<ul style="list-style-type: none"> • Boiled or deviled eggs • Leftover turkey, beef, chicken, pork, or lamb • Beans or lentils in: chili, curry, stew, soup or salad • Baked or stir fried tofu • Soups made with milk 	<ul style="list-style-type: none"> • Canned tuna • Sunflower seeds • Low sugar yogurt • Cheese cubes • Hummus • Unsweetened milk or soy beverage

For more meal and snack ideas, check out Canada's Food Guide recipe page at: food-guide.canada.ca/en/kitchen

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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.