

APPENDIX D

LUNCHES TO GO: Cool Ideas for Warmer Days

Shop for favourite choices from each food group

- ❑ Whole wheat breads and cereals
- ❑ Fruits, vegetables, and juices
- ❑ Lean meat, fish, chicken, peanut butter, eggs, and beans
- ❑ Skim or partly skimmed milk, cheese and yogurt

➤ = Foods which
must be kept
refrigerated to
prevent bacteria
growth!

Instead of Sandwiches

- ❑ Pancakes or waffles, fruit, plain yogurt
- ❑ Crisp bread, hard cheese, apple
- ❑ Bran muffin, yogurt, vegetable sticks
- Pasta salad, milk, peach
- Hard cooked egg, whole wheat crackers
- Bean dip, veggies, taco
- Rolled up sliced meat, bread
- Whole wheat hot dog bun, sliced lean meat, cheese, tomato, lettuce

Muffin-wiches

- ❑ Banana bran, hard cheese
- Appenut, tuna
- Cornmeal, BBQ chicken

Cheese, please!

- ❑ Cheddar or hard cheese
- Mix grated cheddar, cottage cheese, parmesan with plain yogurt and mayonnaise to dip or spread.
- Carrot or celery or breadstick wrapped in swiss cheese
- String cheese
- Cheese with chili bean or taco sauce dip or salsa
- Sliced ham or turkey rolled around cheese stick
- Cored apple filled with cheese chunk
- Mini cheese balls

Pack a Safe Lunch

- ✓ Fix lunches ahead (try after dinner) and refrigerate
- ✓ Use an insulated bag with a freezer pack or chilled thermos to keep food cool. Frozen juice or milk in cartons can keep food cool.
- ✓ Make sandwiches ahead and freeze (without vegetables or mayonnaise) to thaw for lunch. (See freezer-friendly fillings on the flip side in Sandwich Set Up)
- ✓ Choose a thermos and reusable plastic dishes and bottles to pack lunches instead of throw-away packaging. Don't reuse plastic bags-they can harbour bacteria. Recycle aluminum cans if possible.
- ✓ Wash lunch containers every night to keep bacteria from growing and, once a week, clean them with baking soda to get rid of odours.

Fresh Fruit

- ❑ Melon balls
- ❑ Cherries
- ❑ Berries
- ❑ Kiwi fruit
- ❑ Grapes
- ❑ Pears
- ❑ Peaches

Bagel-wiches

- ❑ Cheese, alfalfa sprouts, thinly sliced tomato
- Tuna, red pepper, thinly sliced cucumber
- Turkey or ham, drained coleslaw, mayonnaise

Peanut Butter Buddies

- ❑ Banana in hot dog bun (banana dog)
- ❑ Raisins, grated carrot
- ❑ Alfalfa Sprouts
- ❑ Crushed pineapple
- ❑ Sunflower or sesame seeds
- ❑ Crushed banana chips
- ❑ Unsweetened applesauce, grated cheese
- ❑ Chopped celery

Salads

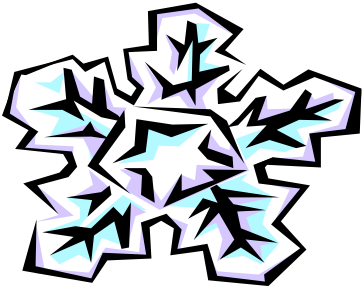
- Pasta
- Green
- Curried rice
- Bulghur or cracked wheat
- Mixed bean with bean sprouts
- Potato

Cool Veggies

- ❑ Turnip sticks
- ❑ Carrot sticks or baby carrots
- ❑ Celery sticks
- ❑ Cauliflowerettes
- ❑ Broccoli or broccoflower trees
- ❑ Baby corn
- ❑ Radishes
- ❑ Zucchini sticks
- ❑ Peas in pod or snow pea pods
- ❑ Pepper strips (yellow, green, red, orange, purple)
- ❑ Cherry tomatoes

For a change from Bread

- ❑ Bagels or rolls
- ❑ English muffins
- ❑ Scones or biscuits
- ❑ Flat bread
- ❑ Pita bread
- ❑ Rice cakes
- ❑ Cracker Bread
- ❑ Melba toast
- ❑ Bread Sticks



LUNCHES TO GO: Hot Ideas for Cooler Days

*Kids can help build lunches
from food group favourites:*

- Whole wheat breads and cereals
- Fruits, vegetables, and juices
- Lean meat, fish, chicken, peanut butter and beans
- Skim or partly skimmed milk, cheese and yogurt

➤ = Foods which must be kept refrigerated to prevent bacteria growth!
(See reverse for 'Pack a Safe Lunch')

Sandwich Set Up

Bread or Rolls

- Whole wheat
- Rye
- Pumpernickel
- Multigrain
- Cracked Wheat
- Flaxseed

Plus

Fillings

- Nut butter (peanut, almond or cashew) or sesame paste (tahini)
- Tuna
- Hard cooked egg

Freezer friendly fillings

- Hard cheese - cheddar, mozzarella, swiss
- Processed cheese
- Cold lean roast beef, pork, chicken, turkey, ham or meatloaf

Extras

- Pack lettuce, alfalfa sprouts, tomato, or cucumber in a bag.

Thermos or Chilled

- Milk
- Cottage cheese or yogurt dip for vegetables
- Plain yogurt with fruit added
- Milk-based pudding

Salad or Pita Pocket Combos

(Moisten with yogurt mixed with salad dressing)

- Hard cooked egg, chopped cucumber, onion
- Chicken chunks, sliced seedless grapes
- Turkey chunks, chopped nuts, bean sprouts
- Salmon or tuna or cooked fish, red and green pepper slices
- Ricotta cheese, fruit
- Chopped ham, pineapple
- Hummus (tahini and ground chickpea dip), vegetables
- Shredded cheese, grated carrot
- Cheese, tomato, alfalfa sprouts

Hot Reruns

(Pack a safe, hot lunch in a wide mouth thermos)

- Chili
- Stew
- Curry
- Perogies
- Spaghetti and meatballs
- Pasta and favourite sauce
- Macaroni and cheese
- Baked beans
- Soup or chowder
- cream
- split pea
- lentil
- vegetable

Plus

- Cheese bread stick
- Corn bread or muffin
- Soda bread
- Chapati or roti
- Bread pretzel
- Bannock

Versatile Veggies

- Vegetable sticks
- Cold vegetable salad
- Coleslaw
- Spinach salad
- Carrot raisin salad

Cold Reruns

- Pizza (or English muffin or pita shell with topping)
- Kabobs (e.g. Meat or chicken, pepper, tomato)
- Casserole
- Stir-fried vegetables with tofu
- Chicken pieces
- Burrito with refried bean, cheese, tomato
- Samosas
- Empanada or Cornish pasties
- Tortellini

Fast Fruits

- Canned fruit (juice pack)
- Applesauce
- Banana
- Apple
- Orange
- Kiwi Fruit
- Fruit juices and nectars (freeze in reusable cups for slush)

Little Extras

- Sunflower or pumpkin seeds
- Peanuts, almonds or other nuts
- Peanut butter or cheese with crackers
- Pepperoni stick or beef jerky
- Pretzels
- Non-sugar-coated cereal
- Air popped popcorn
- Pickles or olives
- Special napkin or straw

Brush Up!

Pack a toothbrush. Or between brushings finish your meal with a water rinse or cheese

Treats

- Raisins, dried fruit
- Unsweetened fruit leathers
- Low fat cookies - animal crackers, vanilla or graham wafers, gingersnaps, Social Teas, oatmeal, fig, raisin, apple, or raspberry bars
- Carrot, banana, date, or pumpkin loaf
- Canned pudding
- Yogurt drink or chocolate milk