



Durham Health Connection Line  
905-668-2020 or 1-800-841-2729  
[durham.ca/healthyeating](https://durham.ca/healthyeating)

- Packing your snacks and lunches for work allows you to have more control over what food you eat and what cooking method you use (e.g. bake, broil, steam, roast, poach and grill food instead of frying).

### At Work

- Make healthy choices an easy choice. Keep healthy snacks easy to find. Place a bowl of fruit on the kitchen counter or table. Keep cut-up vegetables in the fridge as a quick snack.

### At Home

# Pack Some



# in Your Lunch

## Healthy Lunches and Snacks using Canada's Food Guide will help you to:

- have energy all day long
- stay alert and think clearly
- get the nutrients you need to stay healthy

Meals and snacks don't have to look exactly like the Eat Well Plate to be considered healthy. The key is to include lots of vegetables and fruits, some whole grains and some protein foods.



Image: Canada's Food Guide Eat Well Plate (Health Canada, 2019)

### At School

- Have children try new foods at home before sending them to school.
- Have children practice opening and closing snack containers to make snack time easier at school.
- Check the school allergy policy to know which foods are safe to have in the school.
- Have older children pack their own snacks and lunches the night before, including the vegetables and fruits they like to eat.



**A light snack about two hours before a meal will not spoil your next meal (aim for 2 – 3 snacks a day)**



## For Families

- Model healthy eating habits for your children by eating vegetables and fruit often.
- Choose a variety of healthy foods to offer. Let your children decide which of these foods they will eat and how much.
- Serve the same meal/snack to all family members. Making one snack/meal for the family will create less stress for the family member making the meal.
- Involve your child in choosing, preparing and packing healthy snacks and lunches.
- Offer new vegetables or fruit many times. It may take 10 times before your child likes it. Try offering new foods with familiar flavours.



**Make water your drink of choice.**



**Pack reusable water bottles to refill as you go.**



## Snack Safely

- Food preparation surfaces, hands and utensils should be cleaned with warm, soapy water before and after preparing foods.
- Keep cold foods cold:
  - Use freezer gel packs.
  - Use an insulated lunch box or bag.
- Keep hot foods hot:
  - Add hot foods to preheated and insulated containers.
  - To preheat insulated container (e.g. thermos), fill the container with boiling water and let stand for a few minutes. Empty the water and put hot food in the container.



Use the examples of food in the following table to plan meals and snacks. Healthy snacks include vegetables and fruits, and at least a whole grain or protein food or both.

*Examples:*

**Fruit & yogurt parfait:** sliced banana, fresh or frozen berries + plain, low fat yogurt + whole grain oats or cereal

**Veggies and dip:** mini carrots + hummus

Healthy meals include vegetables and fruits, whole grain foods and protein foods.

*Example:*

**Wraps/sandwiches:** lettuce and sliced tomatoes/peppers + whole grain tortilla + cooked ham



Vegetable and Fruit	Whole Grain Foods	Protein Foods
<ul style="list-style-type: none"> <li>• Apple slices</li> <li>• Banana</li> <li>• Berries</li> <li>• Broccoli</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Grapes</li> <li>• Leafy greens/ salad</li> <li>• Mini carrots</li> <li>• Orange slices</li> <li>• Pear</li> <li>• Cherry tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain flat bread, sliced bread, pita, wraps/ tortillas, bagels, crackers</li> <li>• Whole grain pasta</li> <li>• Whole grain brown or wild rice</li> <li>• Whole grain couscous, quinoa</li> <li>• Whole grain oats/oatmeal (cereals)</li> <li>• Choose lower fat and lower sodium options</li> </ul>	<ul style="list-style-type: none"> <li>• Beans, peas or lentils</li> <li>• Canned tuna or salmon packed in water</li> <li>• Hummus</li> <li>• Tofu</li> <li>• Hard boiled eggs</li> <li>• Cooked chicken, turkey or ham</li> <li>• Lower fat cheese (20% M.F. or less)</li> <li>• Lower fat yogurt/dip (2% M.F. or less)</li> <li>• White, unsweetened low-fat milk or fortified soy beverage*</li> </ul> <p>*These are acceptable drinks, however choose water first, as it is the best thirst quencher.</p>