

MORE TIPS

Consider hot foods for variety. Prepare most of the meal the night before. In the morning, simply heat the food and pop it in a thermos. Some good choices include hearty soups. Sometimes dinner leftovers work well too.

Make sure it's balanced. Usually, including a serving from as many of the food groups as possible will accomplish this. The food groups are fruit, veggies, grains, meat and dairy.

Mix it up. If your child opens the lunch box and finds the same meal every day, it won't take long for the trading and tossing to begin.



Use your imagination!
Make your child's lunch colorful and
Make every lunchtime a healthy
adventure.



LUNCHTIME SNACK IDEAS

APPLE SANDWICH Slice an apple, and put a piece of cheese between two slices

FRUIT KABOBS Skewer fresh fruit and low fat cheese cubes on coffee stirrers. Serve the kabobs alone, or with a dip made of plain, low-fat yogurt sprinkled with cinnamon or a few drops of vanilla flavoring.

ANTS ON A LOG Cut celery into sticks and fill with low fat ricotta cheese or cream cheese. Add some raisins for the added 'Ant' effect.

BAKED TORTILLA CHIPS Using whole wheat tortilla chips, cut the tortilla into triangles or use cookie cutters. Spray a cookie sheet with low fat cooking spray, and bake in the oven at 350 degrees for 10 to 15 minutes, let cool and you have your own baked tortilla chips.

MINI PIZZA Cut an english muffin in half, add a thin layer of tomato sauce and add some cheese. Presto! A Mini Pizza!



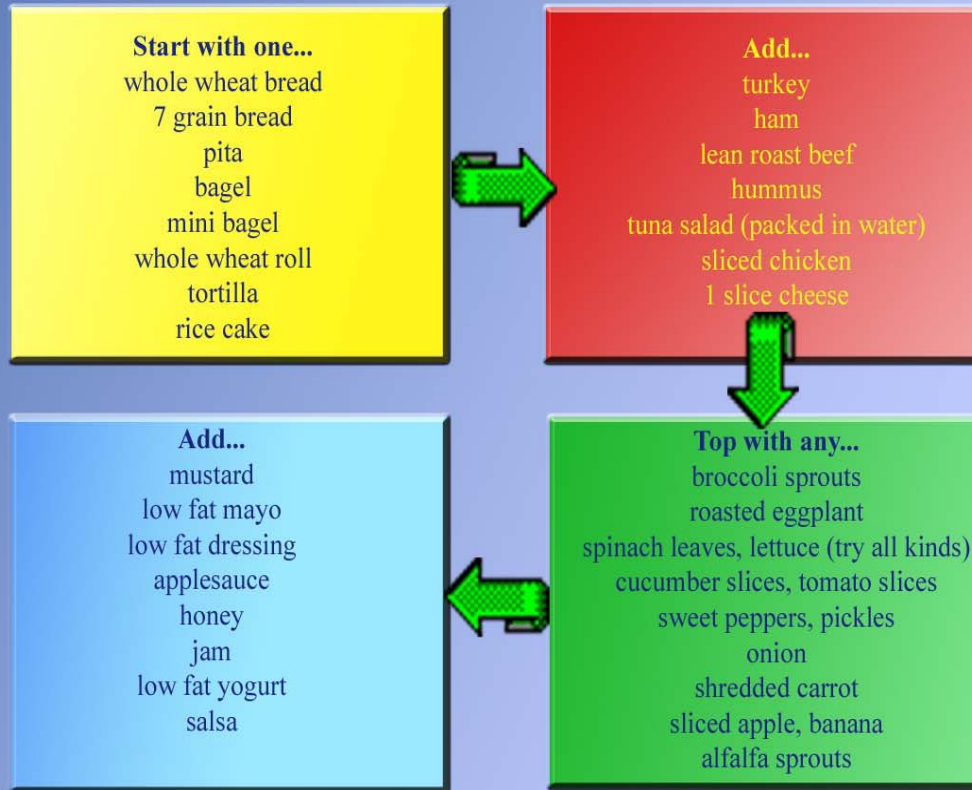
Kahnawake Schools Diabetes
Prevention Project
<http://www.ksdpp.org>
Tel: (450) 635-4374



BACK TO SCHOOL

HEALTHY AND NUTRITIOUS LUNCH IDEAS

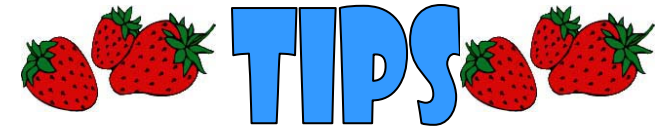
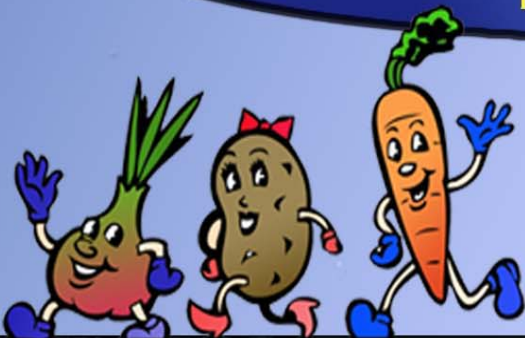
Keep a variety of foods in your pantry, refrigerator and freezer to mix and match for innovative lunches.



Snacks

Baby carrots, raw broccoli, raisins, celery, low fat dip, whole fruit, applesauce cups
pineapple spears, juice boxes (100% fruit juice), milk, grapes, yogurt,
homemade muffins, cheese

As always, please be mindful of products that contain nuts or may have been in contact with nuts.



Another school year, another dilemma: What to pack for your child's lunch that is nutritious and yet won't get traded or thrown away? Packing a successful meal isn't difficult, but it does require some creative thinking.

Here are some tips

Involve your child in making the lunch. Kids are less likely to throw away a meal they helped create.

Pack lunches the night before. Finding the time and patience in the morning to pack a healthy meal is almost impossible for many families.

Be Creative. When choosing the bread, try a variety. Try different shapes, like pitas, tortillas, and English muffins. Try Smart Bread.

For extra nutrition and an interesting crunch, pack "add-ons". These could be lettuce or spinach leaves, thinly sliced apples or cucumbers, even shredded carrots. Pack them in a separate container to prevent sogginess.