

HEALTHY BOX LUNCHES



Box Lunches: If you would like to save a little time, have some variety and provide lunches that kids will eat, have the children make their own school lunches. My children started making theirs at 10 years old and have never looked back. The easiest way to do this is to keep a selection of their favourite healthy foods on hand.

Teach the children to include 1 protein, 2 grains, 1 dairy, 2 vegetables, 1 fruit and a healthy snack in their lunch. You may have to watch them at first, but they will get the hang of it quickly enough.

Healthy lunch food for kids to choose from:

Protein (Choose 1)

- Egg salad
- Tuna salad
- Chicken salad
- Hummus
- Nut butters (Peanut, almond, cashew)
- Cold meats*
- Roasted chicken slices
- Turkey, ham or Beef slices

* Do not use processed meats.
Freshly cooked and leftover meats are best.

Grains (Choose 2 servings)

- Cold cereal
- Bread
- Rolls
- Croissants
- Bagels
- Biscuits
- Crackers
- English muffins
- Muffins
- Pita bread
- Pita crisps
- Soft tortilla shells
- Corn chips
- Popcorn
- Rice, Quinoa
- Seeds and nuts

Dairy (Choose 1)

- Cream cheese
- Cheese
- Yogurt
- Milk

Veggies that most kids will eat (Choose 2)

- Carrots
- Celery
- Cauliflower
- Sugar or Snap peas
- Cucumber
- Broccoli

Fruit that travels well (Choose 1)

- Apples
- Berries
- Bananas
- Grapes
- Pineapple

Add-ons

- Salad dressing
- Dips
- Salsa
- Honey
- Jam
- Dried fruit

Here is our favourite Family Salad Dressing

(keep a jar in the fridge)

In a mason jar, add:

- 1 cup extra-virgin olive oil
 - 1/3 cup red wine (or balsamic) vinegar
 - 2 garlic cloves, minced
 - 2 tsp Dijon mustard
 - 1 Tbsp honey
 - Salt & Pepper
- Shake well

Include lots of fruits and vegetables in your children's diet. Experiment with all kinds of cut up raw vegetables and keep trying. Even kids who start out not liking veggies will develop a taste for them, if you are consistent in presenting them. For easy-to-use vegetables, wash and store them in airtight containers. You can even make your own pre-made salads by throwing in all kinds of veggies including broccoli, cauliflower, string beans, etc. Make a jar of dressing for the week and voilà! Salads to go that even the kids can make for their lunches.