



## WHAT GOES IN A HEALTHY SCHOOL LUNCH?

A healthy school lunch should include all four food groups:

FRUIT / VEGETABLES, MEAT, DAIRY, WHOLE GRAINS

EXAMPLES:

- Whole Wheat Bread Sandwich with lean meat, tuna, fruit, milk
- pasta or rice with vegetables
- homemade soup, stew or chili
- brick cheese, whole wheat crackers, ham pieces, fruit or veggie

Build lunches around fresh foods with no or little added salt or sugar.



## LIMIT PRE -PACKAGED AND PROCESSED FOODS

- Pizza Pops, high fat deli meat, lunchables
- fruit drinks
- canned soups
- cookies and snacks



Please keep pop, chips and candy out of school lunches.

## CANADA FOOD GUIDES are available in:

English      French - français      Arabic - العربية      Chinese - 中國      Urdu - اردو  
Korean - 한국의      Punjabi - ਪੰਜਾਬੀ ਦੇ      Polish - Polski      Russian - русский      Spanish - español  
Filipino - Tagalog      Tamil - தமிழ்

[http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/guide\\_trans-trad-eng.php#8](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/guide_trans-trad-eng.php#8)

Looking for healthy lunch ideas? Contact your school for more information or visit: [www.dietitians.ca](http://www.dietitians.ca)