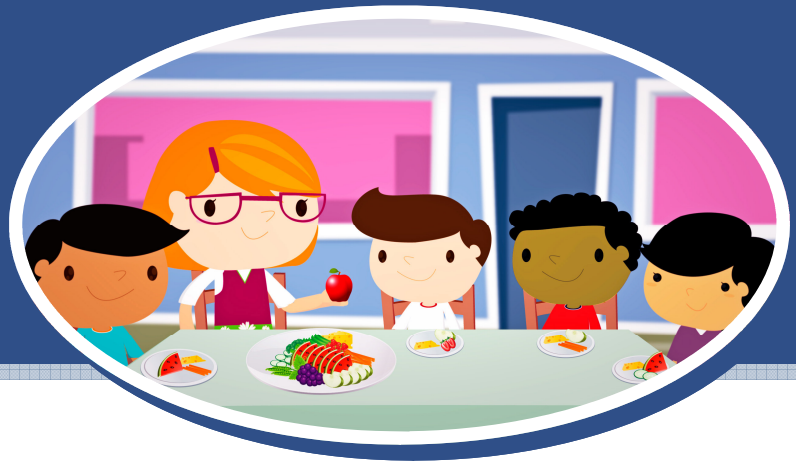


Pack and Go Lunches



Getting Started:

- Invest in the right “gear” to pack fresh and healthy lunches:
- A variety of different sized reusable containers with lids
- Insulated lunch bag or box
- Small freezer (ice) packs
- Leak proof drink container
- Thermos for hot foods

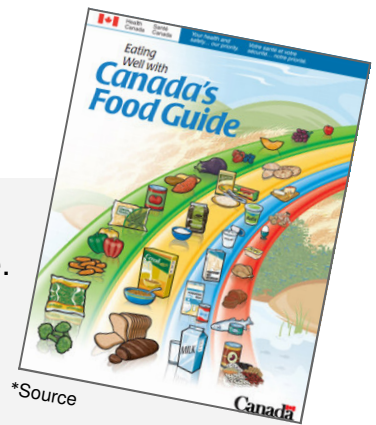
Tips:

Meals: Pack foods from three or four food groups in Canada’s Food Guide.

Drinks: Water is the best thirst quencher. Milk or fortified soy beverage is a better choice than juice at lunch or snack time.

If nut products are restricted try seeds, and soy or pea butters instead.

Adapt foods for young children to prevent choking. See [Preventing Choking in Babies and Young Children](#) at the link on page 2 under “For more information”.



*Source

Instead of Sandwiches

- Pasta salad with soft veggies and shredded chicken
- Hard cooked egg, whole wheat baguette slices, red pepper strips
- Salmon salad, crackers and veggies
- Bean dip, veggies and pita bread triangles
- Wraps or pita pockets

Breakfast Favourites...Anytime!

- Pancakes or waffles with fruit and yogurt
- Breakfast sandwich (hard poached egg and cheese on an English muffin)
- French toast fingers and applesauce
- Toasted nut butter and banana sandwich
- Banana bran muffin, cheese and orange wedges

Cold Re-runs

- Pizza
- Quesadillas
- Burrito or soft tacos
- Tuna or salmon melt
- Homemade baked samosas
- Vietnamese salad rolls
- Chicken drumstick
- California rolls

Hot Re-runs

- Stew
- Chili
- Baked beans
- Spaghetti
- Soup or chowder
- Stir fried vegetables with meat or tofu
- Perogies / pot stickers
- Macaroni and cheese
- Quiche or scrambled eggs



Time Saver Tips:

Plan for leftovers to be served as a cold or hot re-run at lunch.

Make extra soup, chili or casserole, to freeze into individual portions.

Meatloaf Muffins

Bake your favourite meatloaf (or salmon loaf) recipe in greased muffin tins at 350°F (180°C) for 25 minutes or until a thermometer registers 160°F. Let stand for 5 minutes.

For fun, make meatloaf cupcakes using mashed potato or sweet potato as “icing”. Pipe on “icing” using a plastic bag with a small hole in the corner.

Mexican Mash Bean Dip

1 small can (398 mL or 14 oz) refried beans or rinsed and pureed kidney beans

1/3 cup (75 mL) plain yogurt

2 green onions chopped (optional)

1 clove garlic chopped (optional)

2 tbsp (25 mL) cilantro chopped

1/2 tsp (2 mL) each cumin & chili powder

1 tbsp (15 mL) lime juice

Mix together and chill. Makes ~ 2 cups



For more information:

Call HealthLink BC by dialing 8-1-1

Interior Health Website: www.interiorhealth.ca/childcarefood