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## NEWS RELEASE

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Provincial Health Services Authority

### **BC Children's adds crunch to lunch-making healthy choices**

**Vancouver** – In anticipation of school starting for thousands of students in less than two weeks, nutrition experts at BC Children's Hospital are offering parents and caregivers some tips for healthy lunches.

- Make that grocery trip with your child - when children have invested time and energy in their lunches they're more likely to eat them. Make grocery shopping fun by picking themes or colours to guide lunch choices.
- Keep it colourful, keep it fresh – fruits and vegetables are a great ways to boost the immune system. Consider chopping up green, red, yellow and orange peppers, carrots, green beans, and celery for crunchy snacks and add a healthy dip. Strawberries, kiwis, and oranges are also great sources of Vitamin C.
- Make lunches virtual trips around the world – Canada is home to many cultures and that means a whole lot of food to choose from. Find easy-to-make dishes like chili, fried rice with chicken and peas, or a simple curry to supplement the regular sandwich options.
- Think outside of the box – find ways to make food tasty and fun. Consider making bread dough with your children, rolling it into balls and stuffing it with your their favourite filling, such as pizza sauce and cheese. Bake and voila! - a fun addition to lunch.
- Make things cool and appealing – literally. Find attractive reusable lunch packaging. Take the time to look for containers to keep food cool or warm depending on the dish. Presentation is important and sometimes more so for children.

#### **Quotes:**

**Dr. Jean-Pierre Chanoine, Head, Department of Endocrinology and Diabetes**

“Food can be about health and fun; by getting back to the basics families can explore healthy options. This is a great time for families to renew their approaches to food.”

**Lorrie Chow, Registered Dietitian, Metabolic Clinic, Mental Health**

“Lunches are important and by finding healthy foods and fun ways to share those foods, BC children will be better equipped to concentrate on school.”

**Learn More:**

For information about healthy eating and healthy weights visit the Centre for Healthy Weights - ShapeDown website at [www.bcchildrens.ca/healthyweights](http://www.bcchildrens.ca/healthyweights)

BC Children’s Hospital, an agency of the Provincial Health Services Authority, provides expert care for the province’s most seriously ill or injured children, including newborns and adolescents. BC Children’s is an academic health centre affiliated with the University of British Columbia, Simon Fraser University, and the Child & Family Research Institute.

The Provincial Health Services Authority (PHSA) plans, manages and evaluates selected specialty and province-wide health care services across BC, working with the five geographic health authorities to deliver province-wide solutions that improve the health of British Columbians. For more information, visit [www.phsa.ca](http://www.phsa.ca).

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