



LUNCHES TO GO: Cool Ideas for Warmer Days Peanut-free; nut-free

Shop for favourite choices from each food group

- Whole wheat breads and cereals
- Fruits, vegetables, and juices
- Lean meat, fish, chicken, eggs, and beans
- Skim or partly skimmed milk, cheese, and yogurt

➤ = Foods which must be kept refrigerated to prevent bacteria growth!

Instead of Sandwiches

- Pancakes or waffles, fruit, plain yogurt
- Crisp bread, hard cheese, apple
- Bran muffin, yogurt, vegetable sticks
- Pasta salad, milk, peach
- Hard cooked egg, whole wheat crackers
- Bean dip, veggies, taco
- Rolled up sliced meat, bread
- Whole wheat hot dog bun, sliced lean meat, cheese, tomato, lettuce

Muffin-wiches

- Banana bran, hard cheese
- Apple oatmeal, tuna
- Cornmeal, BBQ chicken

Cheese, please!

- Cheddar or hard cheese
- Mix grated cheddar, cottage cheese, parmesan with plain yogurt and mayonnaise to dip or spread.
- Carrot or celery or breadstick wrapped in swiss cheese
- String cheese
- Cheese with chili bean or taco sauce dip or salsa
- Sliced ham or turkey rolled around cheese stick
- Cored apple filled with cheese chunk
- Mini cheese balls

Pack a Safe Lunch

- ✓ Fix lunches ahead (try after dinner) and refrigerate.
- ✓ Use an insulated bag with a freezer pack or chilled thermos to keep food cool. Frozen juice or milk in cartons can keep food cool.
- ✓ Make sandwiches ahead and freeze (without vegetables or mayonnaise) to thaw for lunch. (See freezer-friendly fillings on the flip side in Sandwich Set Up)
- ✓ Choose a thermos and reusable plastic dishes and bottles to pack lunches instead of throw-away packaging. Don't reuse plastic bags-they can harbour bacteria. Recycle aluminum cans.
- ✓ Wash lunch containers every night to keep bacteria from growing and once a week clean them with baking soda to get rid of odours.

Fresh Fruit

- Melon balls
- Cherries
- Berries
- Kiwi fruit
- Grapes
- Pears
- Peaches

Bagel-wiches

- Cheese, alfalfa sprouts, thinly sliced tomato
- Tuna, red pepper, thinly sliced cucumber
- Turkey or ham, drained coleslaw, mayonnaise

Sesame Butter Buddies

- Banana in hot dog bun (banana dog)
- Raisins, grated carrot
- Crushed pineapple
- Sunflower or sesame seeds
- Crushed banana chips
- Unsweetened applesauce, grated cheese
- Chopped celery

Salads

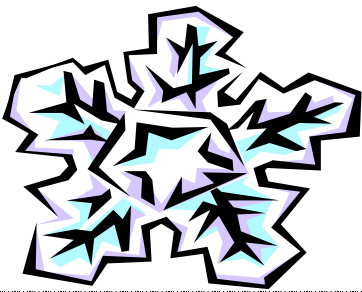
- Pasta
- Green
- Curried rice
- Bulghur or cracked wheat
- Mixed bean with bean sprouts
- Potato

Cool Veggies

- Turnip sticks
- Carrot sticks or baby carrots
- Celery sticks
- Cauliflowerettes
- Broccoli or broccoflower trees
- Baby corn
- Radishes
- Zucchini sticks
- Peas in pod or snow pea pods
- Pepper strips (yellow, green, red, orange, purple)
- Cherry tomatoes

For a change from Bread

- Bagels or rolls
- English muffins
- Scones or biscuits
- Flat bread
- Pita bread
- Rice cakes
- Cracker Bread
- Melba toast
- Bread Sticks



LUNCHES TO GO: Hot Ideas for Cooler Days Peanut-free; nut-free

*Kids can help build lunches
from food group favourites:*

- Whole wheat breads and cereals
- Fruits, vegetables, and juices
- Lean meat, fish, chicken, eggs, and beans
- Skim or partly skimmed milk, cheese, and yogurt

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(See reverse for 'Pack a Safe Lunch')

Sandwich Set Up

Bread or Rolls

- Whole wheat
- Rye
- Pumpernickel
- Multigrain
- Cracked Wheat
- Flaxseed

Plus

Fillings

- Sesame paste or butter (tahini) (see Sesame Butter Buddies on reverse)
- Tuna
- Hard-cooked egg
- Freezer-friendly fillings**
- Hard cheese - cheddar, mozzarella, swiss
- Processed cheese
- Cold lean roast beef, pork, chicken, turkey, ham or meatloaf

Extras

- Pack lettuce, alfalfa sprouts, tomato, or cucumber in a bag.

Thermos or Chilled

- Milk
- Cottage cheese or yogurt dip for vegetables
- Plain yogurt with fruit added
- Milk-based pudding

Salad or Pita Pocket Combos (Moisten with yogurt mixed with salad dressing)

- Hard cooked egg, chopped cucumber, onion
- Chicken chunks, sliced seedless grapes
- Turkey chunks, bean sprouts
- Salmon or tuna or cooked fish, red and green pepper slices
- Ricotta cheese, fruit
- Chopped ham, pineapple
- Hummus (tahini and ground chickpea dip), vegetables
- Shredded cheese, grated carrot
- Cheese, tomato, alfalfa sprouts

Hot Reruns

(Pack a safe hot lunch in a wide-mouth thermos)

- Chili
- Stew
- Curry
- Perogies
- Spaghetti and meatballs
- Pasta and favourite sauce
- Macaroni and cheese
- Baked beans
- Soup or chowder
- cream
- split pea
- lentil
- vegetable

Plus

- Cheese bread stick
- Corn bread or muffin
- Soda bread
- Chapati or roti
- Bread pretzel
- Bannock

Versatile Veggies

- Vegetable sticks
- Cold vegetable salad
- Coleslaw
- Spinach salad
- Carrot raisin salad

Cold Reruns

- Pizza (or English muffin or pita shell with topping)
- Kabobs (e.g. meat or chicken, pepper, tomato)
- Casserole
- Stir-fried vegetables with tofu
- Chicken pieces
- Burrito with refried bean, cheese, tomato
- Samosas
- Empanada or Cornish pasties
- Tortellini

Fast Fruits

- Canned fruit (juice pack)
- Applesauce
- Banana
- Apple
- Orange
- Kiwi Fruit
- Fruit juices and nectars (freeze in reusable cups for slush)

Little Extras

- Sunflower or pumpkin seeds
- Cheese with crackers
- Pepperoni stick or beef jerky
- Pretzels
- Non-sugar-coated cereal
- Air popped popcorn
- Pickles or olives
- Special napkin or straw

Brush Up!

Pack a toothbrush. Or between brushings finish your meal with a water rinse or cheese.

Treats

- Raisins, dried fruit
- Unsweetened fruit leathers
- Low-fat cookies - animal crackers, vanilla or graham wafers, gingersnaps, Social Teas, oatmeal, fig, raisin, apple, or raspberry bars
- Carrot, banana, date, or pumpkin loaf
- Canned pudding
- Yogurt drink or chocolate milk