

# GEARING UP FOR SCHOOL LUNCHES!



**Five Hills  
Health Region**

*Healthy People – Healthy Communities*

## Tips to Pack Healthy Food Choices

Gearing up for school means packing school lunches. Children eat one third of their daily food intake at school so it is important to support your child's growth and development by packing a healthy and safe lunch.

- [Start by packing a rainbow!](#) Include at least one food choice from each of the [four food groups](#).
- Be sure to [pack nut-free food choices](#) so all kids can stay safe while at school.
- Use insulated containers to keep hot foods hot and cold foods cold. Also be sure to include an ice pack to keep cold foods cold.
- Reduce the morning rush by packing lunches the night before; keep prepacked lunches in the fridge overnight so they are ready to grab and go in the morning.

For more ideas, check out [‘Fun 4 Food Groups Lunches’](#) and [‘What do I Pack for Lunch’](#)