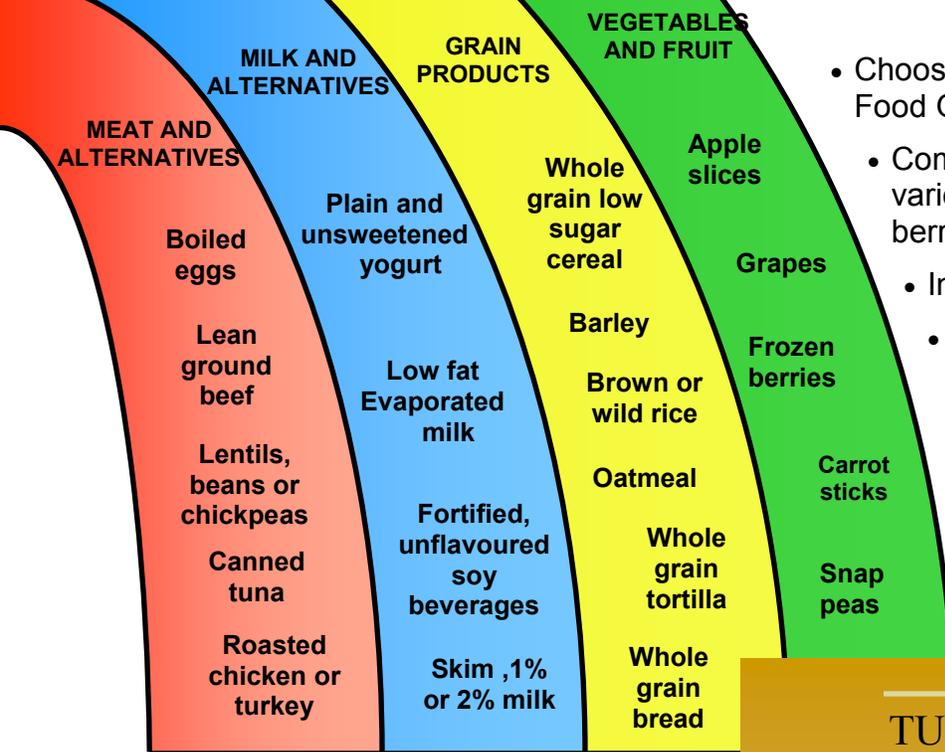


Pack a Rainbow

Packing Lunches for your Children



- Choose foods from all food groups of Canada's Food Guide
- Combine food from many food groups to add variety to lunches, such as a yogurt parfait with berries and granola
- Involve your children in making their lunches.
- Make homemade lunch items instead of using prepackaged for less salt, sugar, and fat.
- Prepare and prewash healthy foods ahead of time so they are easy to grab and go.

- Avoid packing your child sweetened drinks. Instead choose white milk, water or 100% unsweetened juice.
- Use left over meat from a roast or chicken in sandwiches instead of deli meats to save money and lower salt intake.
- Limit the amount of foods high in sugar, such as desserts or packaged fruit snacks.
- Keep foods hot by storing them in a thermos. Keep foods cold by placing in an insulated lunch box with an ice pack or frozen juice box.

TURKEY TORTILLA WRAP

- 1 large whole wheat tortilla wrap
- 2 tsp (10 mL) honey mustard
- 2 leaves of dark, leafy lettuce, shredded
- 1/2 red or yellow pepper, fresh or roasted, thinly sliced
- 1/4 small, ripe avocado, pit and skin removed, sliced
- 1 oz (30 g) sliced roasted leftover turkey

1. Place the tortilla on a plate. Spread the honey mustard on the tortilla.
2. Put the rest of the ingredients in rows down the centre of the tortilla.
3. Fold the outer edges over the filling and then roll the tortilla up tightly. Cut in half.

