

Fun 4-Food-Group School Lunches

School lunches are a major source of vitamins, minerals and nutrients that students need as they grow. The foods you or your children pack for lunch will give them the energy and nutrients to focus, learn and play at school. Pack lunches full of tasty healthy options every day!

Step One: Aim to have food from all 4 food groups packed in every lunch. Check out [Canada's Food Guide](#) to review the food groups.

Step Two: Get creative! As a family write a list of fun 4-food-group lunch ideas to refer to when lunches are getting dull.

Here's an example to get you started:

Jack's Lunch Ideas

- Raw veggies with hummus as dip and pasta salad made with cheese cubes and frozen mixed veggies.
- Last night's cooked chicken in a whole grain tortilla wrap with lettuce and grated carrots. Yogurt for dessert.
- Hot cereal in a thermos. Top with frozen berries and sliced almonds at lunch and serve with cold milk.
- Chili, a small whole wheat bun with a slice of hard cheese and a fruit cup. No microwave at school? Heat the chili up at home in the morning and bring it to school in a wide mouth thermos.



More Tips For Fun Lunches

Try a new vegetable or fruit on a regular basis.

Change the bread – try whole grain tortilla, bagels and pitas.

Offer a variety of cheeses in different forms – cubes, strings, balls.

Kids love to dip – try cottage cheese, hummus, yogurt, or guacamole.

Cut sandwiches into triangles or other shapes using a cookie cutter.