



# Health & Nutrition

Educational Services Department

## Start the year right!

As parents, you have heard of the importance of providing your children with a healthy, balanced diet. Did you know that healthy eating habits will have a great impact on your children's health as well as on his/her learning capabilities?

Studies have shown that there are improvements associated with regular breakfast intake such as better concentration and participation in class, better grades, decreased tardiness and absenteeism and improved humour. By providing your children with a healthy breakfast and by sending nutritious snacks and lunches to school, you can be assured that your children will be given all the nutritional tools they need to reach their full potential!



## 4 steps towards a successful year!

### Step 1: Eat Breakfast!

Children need to start the day with a boost of energy.

A healthy breakfast consists of foods from at least 3 of the 4 food groups ([Click here for "Canada's Food Guide to Healthy Eating"](#)).

For example, a bowl of cereal with a sliced banana and some milk would be a nutritious and complete breakfast.

Look for more ideas on page 2.

### Step 2: Send Nutritious Snacks

Don't know what to send for a snack? If you send chips, rolled fruit candy, candies, cookies and granola bars loaded with chocolate and sugar, soft drinks and fruit drinks on a regular basis, you need a snack makeover!

A fresh fruit or a raw vegetable is a GREAT SNACK!

Look for more ideas on page 2.

### Step 3: Pack Healthy Lunches!

Make sure your children's lunches are well balanced. A well balanced lunch contains at least one item from each food group of Canada's Food Guide to Healthy Eating. [To make your personalized food guide, click here!](#)

Stock up on lunch-box items like:

- ☺ Assorted breads (whole grain please!)
- ☺ Vegetables (prepare a whole bunch for the entire week) and fruit
- ☺ Fruit juice (opt for the real thing, 100% pure juice)
- ☺ Cheese
- ☺ Yogurt
- ☺ Muffins (homemade is better!)
- ☺ Canned fish (tuna, salmon, etc.)
- ☺ Eggs
- ☺ Leftovers make wonderful lunches

SAFETY FIRST! Put an ice pack in the lunch box.

### Step 4: Move, Move, Move!

Be active with your children on a daily basis! Being active includes walking to school, dancing to music, raking the autumn leaves, building a snowman ....and remember to HAVE FUN AND LAUGH!!!

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## Breakfast Recipes

Here are a few ideas to help you and your children jump start your day!

- ☺ Make a smoothie! Any combo is great! Blend milk, strawberry yogurt, and a banana and serve it with a whole wheat bagel.
- ☺ Fill a pita pocket with scrambled eggs and salsa.
- ☺ A homemade bran muffin, a piece of cheese and an apple make a quick breakfast on the go.
- ☺ Oatmeal pancakes topped with fresh fruit and yogurt are great!



## Nutritious Snacks: Post on Fridge

- ☺ fresh fruit (dip apple slices in yogurt, freeze grapes)
- ☺ canned fruit in its own juice
- ☺ raw veggies (dip carrots in a low fat salad dressing)
- ☺ soda crackers and cheese, tuna on crackers
- ☺ homemade pita crisps and salsa
- ☺ homemade muffins (bran, oatmeal, blueberry)
- ☺ homemade milkshakes and fruit smoothies
- ☺ peanut butter on celery sticks
- ☺ plain popcorn, unsalted pretzels, rice cakes
- ☺ nuts and seeds
- ☺ unsalted roasted soybeans
- ☺ melted cheese on half of a whole grain bagel
- ☺ dried fruit (raisins, apricots)
- ☺ yogurt and yogurt drinks
- ☺ low sodium vegetable juice
- ☺ hummus dip with pita slices

## This Week's Lunch Menu

### Monday

Hummus and cucumber slices rolled in a tortilla, carrot sticks, 100% pure fruit juice, yogurt, apple

### Tuesday

Vegetarian chili in a thermos, slice of bread, milk, small side salad, fresh fruit

### Wednesday

Pita pocket filled with tuna salad, tomato slices, cheese string, vegetable juice, and fresh fruit

### Thursday

Pizza on an English muffin (tomato sauce, cheese, turkey, green pepper), celery sticks, milk, fruit salad

### Friday

Chicken strips in a thermos, yogurt sauce for dipping, canned corn, crackers, fresh fruit, yogurt drink

## Grocery Shopping List

Preparing nutritious meals can be easy! Stock your kitchen right! To help you on your next trip to the grocery store, here is a list of foods from the 4 food groups:

### Grain Products

1. Whole grain breads and cereals (wheat, kamut, oat, etc.)
2. Whole grain pasta, brown or wild rice, quinoa, etc.
3. Whole wheat flour (substitute half of white flour with whole wheat flour in your recipes)
4. Flax, chia, hemp seeds (add to yogurts, breakfast cereals, fruit sauces, salads, soups, etc.)

### Vegetables & Fruit

5. Fresh or frozen fruit (apples, bananas, peaches, etc.)
6. Canned fruit in its own juice
7. Fresh, frozen or canned veggies (carrots, celery, lettuce, potatoes, corn, peas, etc.)
8. 100% pure fruit juices, low sodium vegetable juices

### Milk Products

9. Milk, enriched soy, rice or almond beverages
10. Assorted cheeses and yogurts

### Meat & Alternatives

11. Lean meats
12. Fresh or canned fish (tuna, salmon, etc.)
13. Legumes (lentils, chickpeas, kidney beans, black beans, soybeans)
14. Eggs
15. Tofu

Thank you parents for encouraging your children to eat right! ☺