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for our future.

**Headwaters Food and  
Farming Alliance  
Presents**

# LUNCHBOX TOOLBOX

## **A GUIDE TO MAKING SCHOOL LUNCHES**

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through the cooperation of  
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# COMMON TOOLS FOR A HEALTHY LUNCH

Nicole Hambleton, Registered Dietitian



## VEGETABLES

carrots, cucumbers, celery, peppers, broccoli, sweet potatoes, pasta sauce made with vegetables, salsa, salad, lettuce wraps



## FRUIT

berries - fresh or frozen, unsweetened apple sauce, apple slices, grapes, kiwi fruit, clementines, mango hedgehog, fruit salad packed in water



## WHOLE GRAINS

whole wheat bread, bun, pita, naan, tortilla, whole wheat crackers, whole wheat pasta, couscous, brown rice, quinoa, millet in soups, salads, stews, oatmeal, popcorn (not for young children)



## PROTEIN FOODS

beans, lentils, baked beans  
eggs - hard boiled, frittata, quiche  
Greek yogurt - plain  
meat - turkey, low sodium ham, roast beef, tuna or salmon salad  
vegetarian alternative "meats"  
cheese cubes



## NUTRITIOUS FATS

avocado - guacamole, hummus, olive oil, pesto, nut-free butters (if school allows), tzatziki



## YOUR FAVES

# COMMON TOOLS FOR A HEALTHY LUNCH

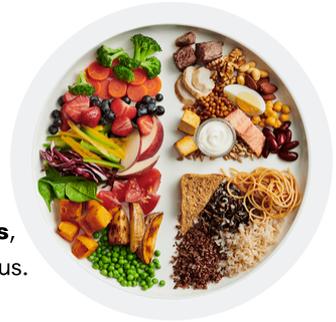
Nicole Hambleton, Registered Dietitian



## LUNCHBOX TIPS

A healthy lunch contains a minimum of **one serving each** of **fruit, vegetables, grain** products and **protein**.

A healthy **snack** should have **at least 2 food groups**, e.g. crackers with cheese or carrot sticks with hummus.



Try veggies raw, steamed or roasted. Add veggies to any sandwich.

Sliced fruit is more likely to be eaten than whole fruit.

Bread products can be frozen, thawed and refrozen to keep longer.

Try beans and lentils puréed into a dip or added to salad or soup.

Avoid "hydrogenated" or "shortening" on ingredient labels. These are trans-fats, which are not healthy.

Let kids help - children are more likely to eat food that they helped make.

Keep them hydrated - water is the drink of choice, jazz it up with frozen berries, lemon or lime.

Reduce food waste - use leftover lunch foods as after school snacks (except dairy and meat).

THINK ABOUT IT...  
THE MOST  
NUTRITIOUS FOODS  
HAVE NO NUTRITION  
LABELS!



# TALKING TO KIDS ABOUT FOOD

Jacalyn Dryland, Registered Dietitian



## Explore foods with our senses

### Consider the Mango



What colour?  
What shape?  
What is inside the  
mango?



Does the mango  
have a smell? Is the  
smell different  
when we cut it up?



How does it feel?  
Is it heavy or light?  
Do you think the  
mango is hard or  
soft?



What do you hear  
when I cut into the  
mango?



Is the mango hard or  
soft? Juicy? What  
does it taste like?  
Sweet? Sour?

# TALKING TO KIDS ABOUT FOOD

Jacalyn Dryland, Registered Dietitian

## Types of Hunger

Understand WHY we eat  
for a life-long healthy food relationship



### PHYSICAL HUNGER

Feeling hungry, stomach rumbles, gives the body nourishment



### MOUTH HUNGER

Mouth feel, wanting something “crunchy” “salty”



### HEART HUNGER

Emotional and situational reasons why we eat e.g. mad, sad, happy, glad; learned behaviours

Each kind of hunger is normal and acceptable.

Approach identifying types of hunger with curiosity and wonder. No judgment.

Self-awareness exercise to be used periodically, not at every eating episode.

Model a positive relationship with food:

- ✓ Eat mindfully.
- ✓ Avoid labelling what, when or how much you eat in a negative manner.
- ✓ Demonstrate or share alternative responses to your own emotions that do not involve food.
- ✓ Reward children for accomplishments in ways that don't involve food.

# MAKE AND TAKE

Rebecca Landman, Farmer and Cook



## Great Egg Facts

### **Not just delicious, they're very nutritious!**

With 7 grams of the highest quality protein, and only 75 calories and 5 grams of fat, one egg also delivers 14 key nutrients, including vitamins A, B12, D and E, folate, iron, zinc, choline, lutein and zeaxanthin, as well as other minerals and carotenoids. Eating eggs is good for your eyes, skin, bones and teeth. The egg is a powerhouse of disease-fighting nutrients, and provides the energy needed to keep you going.

**Choline** is an important nutrient that is often grouped with the B vitamins. Choline is used to build cell membranes and has a role in producing signaling molecules in the brain, along with various other functions.

### **Don't skip the yolk!**

Egg yolks contain large amounts of **lutein** and **zeaxanthin**, which are antioxidants that have major benefits for eye health. Eggs also contain Vitamin A, another nutrient that is good for the eyes.

Canadian eggs are fresh, local and high quality.

# MAKE AND TAKE

Rebecca Landman, Farmer and Chef

## Egg Cups

### BASE:

- 12 large eggs
- 2 tbsp chopped onions
- Salt & pepper to taste
- Bacon Cheddar
  - ¼ cup cooked bacon, chopped
  - ¼ cup cheddar cheese, shredded

### VARIATIONS:

- Tomato Spinach & Mozzarella
- ¼ cup spinach, chopped
- 8 cherry tomatoes, halved
- ¼ cup mozzarella, shredded
- Garlic Mushroom & Pepper
  - ¼ cup brown mushrooms, sliced
  - ¼ cup red pepper, diced
  - 1 tbsp fresh chopped parsley
  - ¼ tsp garlic powder or 1/3 tsp minced garlic

### INSTRUCTIONS:

- 1 Preheat oven to 350 F, lightly spray a 12-cup capacity muffin tin with non-stick oil spray.
- 2 In a large bowl, whisk together egg & onion. Season with salt & pepper to taste.
- 3 Add egg mixture halfway up into each tin of the muffin pan.
- 4 Divide the three topping combinations into 4 muffin cups each.
- 5 Bake for 20 minutes.
- 6 Serve or store in an airtight container in fridge up to 5 days.

### How to store egg muffins

Pack them into airtight containers and keep them in the refrigerator for up to 5 days. Make a batch in advance and then heat them up in the microwave (usually 10-15 seconds is enough) when ready to eat!

### How to freeze egg muffins

Let the egg muffins cool completely, then wrap individually in plastic wrap and pop them in a freezer-safe zip-lock bag. They will last for up to 2 months.

## TASTING CORNER

Philip DeWar, Chef, Educator



### Chef Phil's Tips for a Tasty Lunch

Preparing lunches can be boring and it's hard to stay creative, especially if you're not sure what your kids will eat.

Start with planning: involve kids in making the shopping list (use Nicole's chart for ideas) and take them along to the grocery store or market. Have kids help prepare food for lunches and let them experiment with different combinations.

Don't be afraid to try new foods. Incorporate culturally diverse foods into lunch routines. Start by trying them at home first, then when you find something the kids like, work it into their lunches.

Use leftovers from dinners. Heat them in the morning and pack in a thermos. Remember to pack a fork.

Touch and taste new and unfamiliar ingredients together. Consider things you might not always associate with a "kid's lunch":

- cold quesadillas
- rice paper rolls/spring rolls
- sweet potato & veggie fritter

Look into purchasable school lunch programs available in your area - pasta, pizza, pitas, smoothies - to mix up the routine.

Invest in good food equipment for the kids. See **GET KITTED UP** opposite for suggestions.

# LUNCHBOX TOOLBOX

Suggestions for a successful lunch kit



## GET KITTED UP

- closable lunch bag, box or bento
- reusable containers (including water-tight ones for salad dressings and dips)
- freezer packs to keep lunches cool
- reusable water bottle
- hot/cold thermos for soups or smoothies
- reusable cutlery kit
- cloth napkins



## IN THE KITCHEN

- apple slicer
- vegetable spiralizer (just for fun)
- good knives for cutting fresh fruits and veg



## BONUS MARKS FOR AN ECO LUNCH

- make every lunch a waste-free lunch
- avoid food waste: save veg cuttings for soup, freeze "past perfect" fruit and berries for smoothies; make preserves: pickle veggies, can or dehydrate fruit
- choose plant-based foods more often
- eat seasonally and buy locally
- choose stainless steel or wood/bamboo over plastic
- buy bulk rather than single-serving packaged foods



# RESOURCES

Try searching "lunch" or "school lunch" on these sites for helpful videos, recipes, articles and other resources.

Wellington-Dufferin-Guelph Public Health  
[wdgpublichealth.ca](http://wdgpublichealth.ca)

Dietitians of Canada  
[unlockfood.ca](http://unlockfood.ca)

Canada Food Guide - Health Canada  
[food-guide.canada.ca/en/](http://food-guide.canada.ca/en/)

Student Nutrition Program Guidelines - Food and Friends  
[childrensfoundation.org/downloads/nutrition-guidelines-2016.pdf](http://childrensfoundation.org/downloads/nutrition-guidelines-2016.pdf)

Foodland Ontario Recipes  
[ontario.ca/foodland/recipes](http://ontario.ca/foodland/recipes)

Foodland Ontario Seasonal Availability Guide  
[ontario.ca/foodland/page/availability-guide](http://ontario.ca/foodland/page/availability-guide)



For local, seasonal dinner recipes that would serve well as lunch leftovers, browse our HFFA Local Food Club Recipes:  
[hffa.ca/farmtoschool/local-food-club-recipes/](http://hffa.ca/farmtoschool/local-food-club-recipes/)





# NOTES

# WHAT ELSE DO WE DO?

*The Headwaters Food and Farming Alliance (HFFA) envisions a food system that is productive, sustainable, transparent, and fair; supports the health and well-being of our residents and food providers; and contributes to the prosperous and equitable economy.*

Here are some of the projects we are championing now to help realize that vision:

## **HFFA Farm to School Programs**

1. Local Food Club
2. Education Workshops
3. Family Food Classes

## **Headwaters Food Charter and Action Plan**

A way forward to realize the food system we envision.

## **Headwaters Farm Fresh Directory and Map**

Jointly presented with In The Hills magazine.

Headwaters Food and Farming Alliance  
is a project of  
Headwaters Communities In Action



for food. for farming.  
for our future.



Headwaters  
**Communities  
in Action**

*Making Life Better Together*

[headwatersfoodandfarming.ca](http://headwatersfoodandfarming.ca)

[hffa.ca/farmtoschool](http://hffa.ca/farmtoschool)

[headwaterscommunities.org](http://headwaterscommunities.org)