



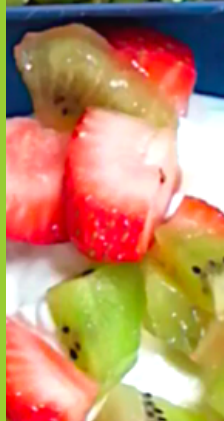
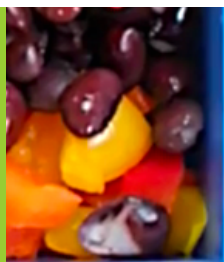
for food. for farming.
for our future.

**Headwaters Food and
Farming Alliance
Presents**

LUNCHBOX TOOLBOX

A GUIDE TO MAKING SCHOOL LUNCHES

This resource is made possible
through the cooperation of
Headwaters Food and Farming Alliance,
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COMMON TOOLS FOR A HEALTHY LUNCH

Nicole Hambleton, Registered Dietitian



YOUR FAVES



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

COMMON TOOLS FOR A HEALTHY LUNCH

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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 | Garlic Mushroom & Pepper |
| - ¼ cup spinach, chopped | - ¼ cup brown mushrooms, sliced |
| - 8 cherry tomatoes, halved | - ¼ cup red pepper, diced |
| - ¼ cup mozzarella, shredded | - 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

Dietitians of Canada
unlockfood.ca

Canada Food Guide - Health Canada
food-guide.canada.ca/en/

Student Nutrition Program Guidelines - Food and Friends
childrensfoundation.org/downloads/nutrition-guidelines-2016.pdf

Foodland Ontario Recipes
ontario.ca/foodland/recipes

Foodland Ontario Seasonal Availability Guide
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/





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
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Making Life Better Together

headwatersfoodandfarming.ca

hffa.ca/farmtoschool

headwaterscommunities.org