



# THE LUNCH BOX:

## Keep it simple!

Newsletter for parents of children attending kindergarten

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Your child's lunch box is packed with the fuel needed to maintain energy throughout the day. Here are a few tips to maintain a healthy balance as you launch the school year.

### MAKE IT INTERESTING...

Children can help prepare their lunches. They know their favorite foods and how much to pack in the lunch box to respect their hunger levels that will vary during the school year. Children are more likely to enjoy a lunch they helped prepare. Making lunch together is a great opportunity to spend time together and helps your child develop independence and be reassured about what he or she will be eating. It is a chance to talk about nutrition, the role of food, which items are snacks that will provide energy until the next mealtime. The secret to a successful lunch box? There should be a good variety of tempting and delicious items. Don't forget: adding a loving note or a motivating message is always appreciated!

### KEEP IT SIMPLE! TIME-TESTED SOLUTIONS:

- A water bottle to sip from all day long. <http://www.gardescolaire.org/wp-content/uploads/2017/01/AQGS-What-Should-We-Drink.pdf>
- Foods kept as natural as possible (should list a minimum of ingredients) and homemade.
- Variety of fruit and vegetables *every day*, whole grains *often*, milk or soya-based beverages *occasionally* and fish, meats and substitutes (such as hardboiled eggs, lentils, etc.) *every day*.
- Healthy hot meals in a thermos (pasta with sauce, hearty soups, etc.).
- Dessert should be nourishing and a complement to the meal: fruit, milk-based or homemade dessert. Sweeter options such as chocolate milk or fruit bars can be offered as occasional treats.

### KEEP IT SAFE:

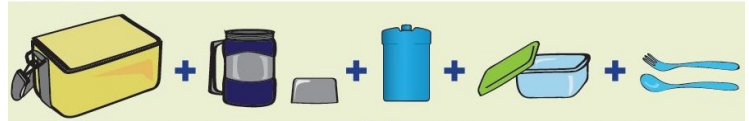
Foods should be maintained at the proper temperatures:

- Always include an ice pack to keep foods cold for 4-6 hours.
- Use a thermos. To keep meals hot until lunch time, fill it with boiling water and let stand for 15 minutes. Empty out the water and fill with the preheated food.



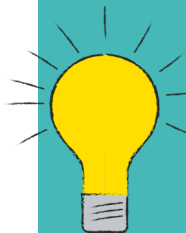
Empty the lunch box every day after school, keeping only items that do not need refrigeration.

Clean it with soap and warm water to eliminate bacteria and let dry overnight.



Source: "Moi je prends soin de mes aliments", by the CSMB school board

### Tip



A stainless steel thermos labeled "double wall and vacuum insulation" helps keep foods hot longer than a thermos with plastic on the inside wall.

Select a thermos with a wide opening.

