

# SEPTEMBER

## Healthy Lunches

According to Dietitians of Canada, healthy eating is a key factor in promoting good health. Many individuals report difficulty in making time for lunch breaks in their busy schedules. Regardless of your work environment, it is essential to re-energize your body with a nourishing midday meal.

Whether preparing your own lunch or someone else's, keep in mind some of the tips offered below.

### Too Busy to Pack a Lunch?

**Pack** your lunch the night before so it is ready in the fridge  
**Clean** and cut raw vegetables and pack them in small plastic bags to grab and go ahead of time  
**Buy** food pre-packaged in small servings

### Ideas for Children's Lunches

**Be a role model:** children who see parents eat healthy are more likely to eat healthy themselves  
**Value lunches:** take some time to plan and make delicious, healthy lunches  
**Make it a team effort:** get your children involved in making lunches  
**Practice food safety:** thoroughly wash out food containers daily

### Lunches for Everyone!

**Listen** to the concerns about smell and messiness  
**Set** up a schedule so that everyone takes turns helping to prepare the lunches  
**Include** bite-size vegetables and easy to eat fruit  
**Look** for 100% juice

## GENERAL TIPS

Plan lunches using Eating Well with Canada's Food Guide as a guide. Aim to have the lunch include at least one food from each of the four food groups.

For more information on Canada's Food Guide, you can visit the link below:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

For more information on making healthy, yet enjoyable lunches for children, you can visit the link below:

<http://www.dietitians.ca/getattachment/a352adef-89f6-44c6-96b9-1328e7c6805f/Factsheet---Cool-Lunch-Guide.pdf.aspx>

For tips on how to eat healthy when eating out, you can visit the link below:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/using-utiliser/out-exterieur-eng.php>

#### References:

Dietitians of Canada. (2012). *Lunches*. Accessed May 24, 2012 from:  
<http://www.dietitians.ca/Your-Health/Assess-Yourself.aspx>