



Healthy Together



A MONTHLY NEWSLETTER

Packing a Waste-less Lunch

- 1 **Lunch bag** – insulated, easy to clean, and large enough to hold containers
- 2 **Lunch and snack containers** – a variety of leak proof and airtight sizes that are easy to open, a thermos and a microwave safe container if necessary
- 3 **Cloth napkins**
- 4 **Cutlery**
- 5 **Reusable bottle filled with water**
- 6 **Frozen ice packs**

Alongside your child's healthy, waste-less lunch, pack a skipping rope, Chinese jump rope, disc (Frisbee) or footbag (hacky sack) to encourage break time physical activity.



Super Snack Ideas for School Lunches

- **Crunch & Munch** – cheese chunks and apples or applesauce
- **Power-Packed Snack** – hard boiled egg and sliced avocado, tomato or cucumber
- **Veggie Dippers** – veggies with tzatziki or hummus dip
- **Fruity Kabobs** – bite sized pieces of fruit with yogurt for dipping
- **Wrap 'n Roll** – whole wheat tortilla spread with cream cheese, sprinkled with grated carrot and sunflower seeds, rolled and cut into 2 cm (1 inch) pieces
- **Rollin' Roti** – dipped in dal
- **Breakfast Anytime** – dry whole grain cereal with unsweetened dried fruit
- **Sushi Rolls on the Go** – kappa-maki (cucumber) rolls without soy sauce

*Action Schools! BC Classroom
Healthy Eating Action Resource at
www.actionschoolsbc.ca*

For school based healthy eating or physical activity information visit www.actionschoolsbc.ca. For general nutrition information call HealthLink BC at 811 and speak to a dietitian, or visit www.healthlinkbc.ca.

