

Breakfast, Lunch and Snack Ideas

for Elementary
Students



Food and Nutrition Policy for Nova Scotia Public Schools

Please Note: *The following policy does not apply to food and beverages that you send to school for your child's lunch and recess snacks. However, we encourage you to support your school's efforts to give children healthy food choices.*



All students need healthy food and beverages to grow, learn, play, and develop into healthy adults.

Children learn about healthy eating in the classroom and at home. Having healthy food and beverages available in school helps support healthy eating messages learned in the classroom, at home, and in other settings.

Eating well and making healthy food choices takes more than will power. The *Food and Nutrition Policy for Nova Scotia Public Schools* makes it easier for students to make wise food and beverage choices while in school.

Principals, teachers, parents, students, government and public health staff, and nutrition professionals created the *Food and Nutrition Policy for Nova Scotia Public Schools*.

Strive for Five at School! is a resource for schools and parents that supports the food and nutrition policy. It includes tasty and healthy recipes made with local and in-season fruits and vegetables, as well as nutritional tips and fun facts. nshps.ca/downloads/striveforfive

The policy helps ensure that the food and beverages served and sold in school canteens, cafeterias, vending machines, meal programs, and for special functions and fundraising:

- Are healthy, safe, and affordable
- Support student health and learning
- Support the health messages learned in the classroom and at home
- Make healthy food and beverage choices easy

The policy is based on *Eating Well With Canada's Food Guide* (see pages 11 to 16) and describes the kinds of food and beverages schools can serve and sell during the school day. The foods and beverages served and sold in your child's school should include a wide selection of vegetables and fruit, whole grains, and lower fat choices.

Schools have gradually changed the kinds of food and beverages served and sold to students since September 2006. Full implementation of this policy is now in effect (as of June 2009). Schools will be provided with ongoing local and provincial support to maintain the policy and parents are encouraged to provide support as well. Many schools have 'healthy food' committees that make decisions about the food and beverages served and sold in school. Ask if your child's school has a 'healthy food' committee and think about becoming involved.

To find out more about the *Food and Nutrition Policy for Nova Scotia Public Schools*, ask to see a copy at your child's school or visit ednet.ns.ca.

School Policies on Food Allergies

Some children have life-threatening allergies to peanuts or other foods.

Find out if your child's school has a policy to protect children with allergies. For example, some policies state that children cannot bring certain foods – like peanut butter – to school or carry them on the bus.

If your school has a policy like this, your child can continue to enjoy peanuts, peanut butter and other foods that contain nuts, at home.

Breakfast of Champions

Breakfast is important for everyone but it is critical for growing children. Without a good breakfast, children may be tired, cranky, and have trouble concentrating. This makes it difficult for them to learn.

Children who eat breakfast feel better and do better in school.

Eating Well With Canada's Food Guide has four food groups:

- Vegetables and Fruit
- Grain Products
- Milk and Alternatives
- Meat and Alternatives

You'll find a copy of the *Eating Well With Canada's Food Guide* on pages 11 to 16. A healthy breakfast has foods from three of these four food groups.

For example, a bagel (Grain Products), an orange (Vegetables and Fruit), and a glass of milk (Milk and Alternatives) make a healthy breakfast and will get kids off to a good start. See *Eating Well With Canada's Food Guide* for the amount and type of foods and beverages that are recommended for your child.



Foods like cake, donuts, toaster pastries, and sugary fruit beverages don't give kids the nourishment they need to start their day. These foods and beverages are high in calories, fats, sugar, and/or salt (sodium) and they shouldn't replace the recommended healthy foods from the four food groups.

Breakfast doesn't have to be fancy or traditional. Try leftovers, cheese and crackers, or a sandwich. If you're short of time in the morning, get breakfast ready the night before. You can also pack extra food with their lunch so your children can eat breakfast on the way to school or after they get there.

Breakfast Ideas

★ Yogurt Shake

In a blender mix fruit, yogurt, milk, and all-bran cereal.

★ Cheese Boats

Tuck slices of cheese into celery sticks. Serve with whole grain toast, crackers, or a muffin.

★ Jiffy Pizza

Top half a whole-wheat bun or English muffin with tomato sauce and mozzarella cheese.

Bake.

★ Happy Face Cereal

Top hot, whole grain cereal (e.g. oatmeal) with slices of bananas, apples, or other fruit to make a happy face. Serve with lower fat (e.g. 2%, 1%, or skim) milk or yogurt.

★ Apple Treasures

Core an apple, stuff with peanut or nut butter,* and top with raisins.

★ Nutty Bananas

Dip a banana in lower fat yogurt and roll in wheat germ, crushed nuts,* or dry whole grain cereal. Enjoy with a glass of lower fat milk.

★ Breakfast Trail Mix

Mix together different dry whole grain cereals, (e.g. cheerios, shreddiees, bite-size shredded wheat) pretzels, and nuts* in a plastic bag. A juice box makes it a complete breakfast to go.

★ Toasted Cheese Treat

A toasted whole grain sandwich with cheddar cheese and tomato can provide a tasty morning alternative.

★ Sandwiches

Try egg salad, cheese, peanut or nut butter*, tuna, or salmon.

Use different kinds of whole grain breads, rolls, or wraps.

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Healthy Lunches

Lunches for school can taste good, be easy to pack and eat, and still be healthy.

For healthy lunches:

- Choose Grain Products lower in fat, sugar, and/or salt (sodium).
- Choose Vegetables and Fruit more often than juices.
- Choose lower fat Milks and Alternatives (i.e. skim, 1%, or 2% milk fat).
- Choose lean Meats and Alternatives with little or no added fat or salt.

Variety and imagination are the keys.

- Enjoy a variety of foods from the four food groups. See *Eating Well With Canada's Food Guide* for the recommended amount and type of foods and beverages for your child.
- Make sandwiches with different kinds of grain products, like bagels, pitas, flour tortillas, and rolls. Make at least half of your grain products whole grain each day.
- Make sandwiches more interesting by adding some vegetables or fruit like grated carrot, red or green pepper, apple slices, lettuce, cucumber, tomato, or onion.

TIP: To get at least one dark green (e.g. broccoli, romaine lettuce) and one orange (e.g. carrot, sweet potato) vegetable each day, pack one in a lunch or add it to a sandwich.

Healthy Lunch Ideas

★ Pizza Lunch

Left-over cheese or vegetable pizza
Pear
Lower fat milk



★ **“Enviro” Cracker Pack Lunch**

Skip the pre-packed and make your own:

Variety of whole grain crackers

Hard cheese cubes, slices of lean meats, boiled egg

Sliced cucumber and peppers

Lower fat yogurt and fruit

★ **Munch on the Move**

Peanut or other nut butter*

Cheese chunk or lower fat yogurt

Fruit cup

Lower fat milk

★ **Wrap ‘n Roll**

Tortilla wrap with slices of lean chicken, beef or ham, cheddar cheese, lettuce, grated apple

Banana

Orange juice

★ **Bagel Sandwich Lunch**

Whole grain bagel sandwich with tuna salad

Carrot and celery sticks

Lower fat chocolate milk

★ **Mexican Fiesta**

Bean and vegetable burrito

Lower fat milk

Orange

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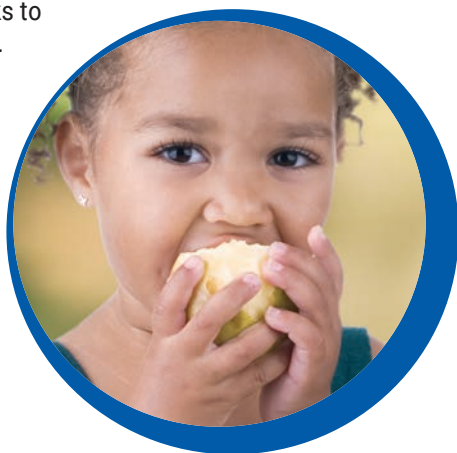


Snacks That Count

Pack a snack for recess! Active, growing children need small, nutritious snacks to keep them going throughout the day.

See *Eating Well With Canada's Food Guide* for recommended amounts and types of foods and beverages for your child.

Healthy snacks have foods from at least two of the four food groups and are “tooth-friendly” – that is, they don’t leave sticky sugar on children’s teeth. Sweet, sticky foods increase the risk of cavities and shouldn’t be eaten as snacks at school. Save them for special occasions at home where children can brush their teeth after eating them.



Snacks can be good for the environment as well as good for children. You can pack snacks in reusable plastic containers, wrap them in waxed paper that can go in the compost bin, or send snacks that don’t need to be wrapped at all, like fresh fruit.

Foods for Healthy Snacking at School

Choose Vegetables & Fruit More Often than Juices.

- Raw fruit (e.g. apples, pears, bananas)
- Canned fruit
- Raw vegetables (e.g. carrot, celery, broccoli, turnip)
- Fruit juice
- Vegetable juice

Choose Whole Grain Products (low in fat, sugar, and salt).

Make at least half of your grain products whole grain each day.

- Whole grain bread or crackers
- Unsweetened, whole grain cereal
- Lower fat whole grain muffin
- Pita bread
- Bagel

Choose Lower Fat Milk and Alternatives.

- Milk, white or flavoured (2% MF or less)
- Fortified soy beverages
- Yogurt or yogurt dip (2% MF or less)
- Hard cheese (less than 20% MF)

Choose Lean Meat & Alternatives (with little or no added fat or salt).

- Lean meat slices
- Dry roasted nuts and seeds (no added salt or oil)*
- Hard-boiled eggs
- Peanut or nut butters*
- Hummus
- Baked beans

Try a Great Snack Combination

- Whole grain crackers and lower fat cheese
- Peanut or nut butter* on a whole grain bagel
- Half of a sandwich
- Lower fat yogurt parfait with lower fat granola
- Fruit and plain, lower fat yogurt
- Whole grain crackers, vegetables, and bean based dip
- Trail mix (mix of whole grain cereals) and lower fat milk

Snacks to Limit

Another important step towards better health and healthy body weight is to limit foods and beverages high in calories, fat, sugar, and/or salt (sodium) such as: chocolate and candies; cookies and donuts; ice cream and frozen desserts; french fries and potato chips; fruit-flavoured drinks, soft drinks, sports energy drinks.

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Keeping Foods Safe at School

To keep lunches and snacks fresh and healthy:

- Store lunches and snacks in the fridge until the kids are ready to leave for the day.
- Pack foods that need to be kept cold in an insulated lunch bag. Include an ice pack or frozen juice box.
- Don't depend on a thermos to keep hot foods hot. A thermos may not be able to keep the food hot enough to prevent food poisoning. If you send foods like soup, spaghetti, or casserole to school, keep them cold. In some schools children can reheat these kinds of foods.
- Wash lunch bags and boxes, plastic containers, and all utensils every day. Used plastic, waxed paper, or foil wrappings may carry bacteria and shouldn't be reused.

Beverages

Healthy, active children often get thirsty and need to drink throughout the day.

See *Eating Well with Canada's Food Guide* (pages 11 to 16) for the recommended amounts and types of beverages for your child.

Water: Remember to encourage children to satisfy their thirst with water between meals! Water is a calorie-free way to quench thirst. It is the least expensive and most convenient drink of all. Children need to drink more water in hot weather or when they are very active. Plain unsweetened, unflavoured water with no additives (for example, caffeine, herbals) and no artificial sweeteners is recommended. Water



can be frozen in a plastic bottle and used to keep lunches cold. Be sure to wash the water bottle every day.

Milk: Milk is a very important source of vitamin D and calcium, vitamins and minerals children need to grow strong bones and teeth. Participating in a School Milk Program is a good way to be sure your child gets milk during the school day.

Unsweetened fruit or vegetable juices: Check the package label to be sure you are getting 100% fruit or vegetable juice. Even if fruit beverages have added nutrients, they are not as nourishing as 100% fruit juice.

There are many different kinds of 100% juices:

- orange
- apple
- tomato
- pineapple
- vegetable blends
- grapefruit
- cranberry juice
- grape (either white or purple)

Don't let juice replace other nourishing foods. One serving of juice is small—just 125 mL or 1/2 cup. Many juice packs contain more than 500 mL, which counts as four servings of fruits or vegetables. Think about giving your child smaller, 250 mL juice packs to be sure that juice doesn't replace other nourishing foods and beverages.

Eating Well with Canada's Food Guide recommends choosing vegetables and fruits more often than juices.

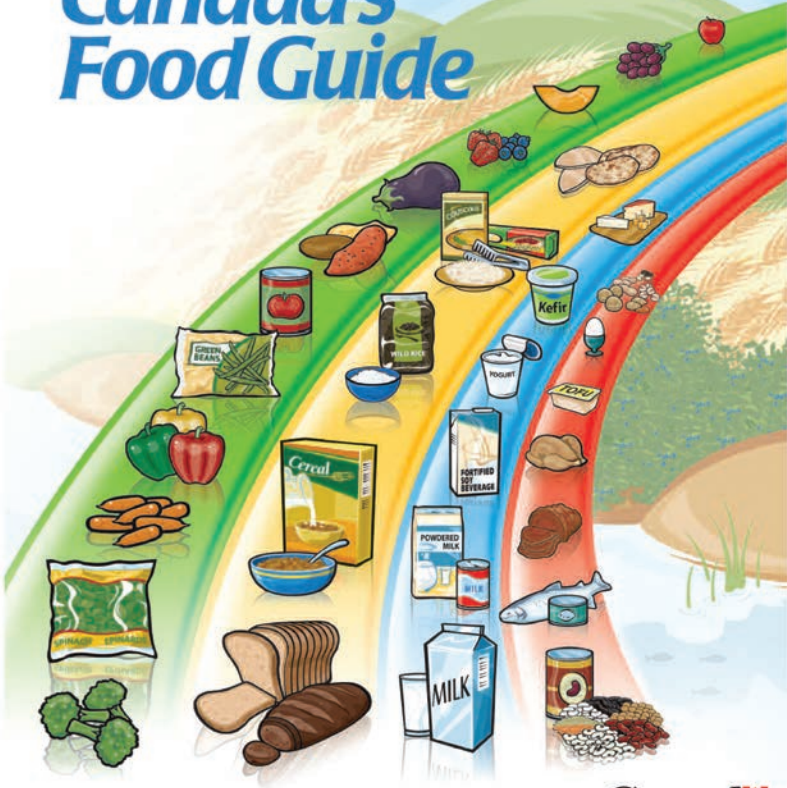


Health
Canada Santé
Canada

Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

Eating Well with Canada's Food Guide



Canada 

Recommended Number of Food Guide Servings per Day

Age in Years Sex	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

What is One Food Guide Serving?

Look at the examples below.



Fresh, frozen or canned vegetables
125 mL (½ cup)



Leafy vegetables
Cooked: 125 mL (½ cup)
Raw: 250 mL (1 cup)



Fresh, frozen or canned fruits
1 fruit or 125 mL (½ cup)



100% Juice
125 mL (½ cup)



Bread
1 slice (35 g)



Bagel
½ bagel (45 g)



Flat breads
½ pita or ½ tortilla (35 g)



Cooked rice, bulgur or quinoa
125 mL (½ cup)



Cereal
Cold: 30 g
Hot: 175 mL (¾ cup)



Cooked pasta or couscous
125 mL (½ cup)



Milk or powdered milk (reconstituted)
250 mL (1 cup)



Canned milk (evaporated)
125 mL (½ cup)



Fortified soy beverage
250 mL (1 cup)



Yogurt
175 g (¾ cup)



Kefir
175 g (¾ cup)



Cheese
50 g (1 ½ oz.)



Cooked fish, shellfish, poultry, lean meat
75 g (2 ½ oz.)/125 mL (½ cup)



Cooked legumes
175 mL (¾ cup)



Tofu
150 g or 175 mL (¾ cup)



Eggs
2 eggs



Peanut or nut butters
30 mL (2 Tbsp)



Shelled nuts and seeds
60 mL (¼ cup)

Oils and Fats

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.



Make each Food Guide Serving count...
wherever you are – at home, at school, at work or when eating out!

▶ **Eat at least one dark green and one orange vegetable each day.**

- Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
- Go for orange vegetables such as carrots, sweet potatoes and winter squash.

▶ **Choose vegetables and fruit prepared with little or no added fat, sugar or salt.**

- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

▶ **Have vegetables and fruit more often than juice.**

▶ **Make at least half of your grain products whole grain each day.**

- Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
- Enjoy whole grain breads, oatmeal or whole wheat pasta.

▶ **Choose grain products that are lower in fat, sugar or salt.**

- Compare the Nutrition Facts table on labels to make wise choices.
- Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

▶ **Drink skim, 1%, or 2% milk each day.**

- Have 500 mL (2 cups) of milk every day for adequate vitamin D.
- Drink fortified soy beverages if you do not drink milk.

▶ **Select lower fat milk alternatives.**

- Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

▶ **Have meat alternatives such as beans, lentils and tofu often.**

▶ **Eat at least two Food Guide Servings of fish each week.***

- Choose fish such as char, herring, mackerel, salmon, sardines and trout.

▶ **Select lean meat and alternatives prepared with little or no added fat or salt.**

- Trim the visible fat from meats. Remove the skin on poultry.
- Use cooking methods such as roasting, baking or poaching that require little or no added fat.
- If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.



* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.

Advice for different ages and stages...

Children

Following *Canada's Food Guide* helps children grow and thrive.

Young children have small appetites and need calories for growth and development.

- Serve small nutritious meals and snacks each day.
- Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the four food groups.
- Most of all... be a good role model.



Women of childbearing age

All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing **follic acid** every day. Pregnant women need to ensure that their multivitamin also contains **iron**. A health care professional can help you find the multivitamin that's right for you.

Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

Here are two examples:

- Have fruit and yogurt for a snack, or
- Have an extra slice of toast at breakfast and an extra glass of milk at supper.



Men and women over 50

The need for **vitamin D** increases after the age of 50.

In addition to following *Canada's Food Guide*, everyone over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).



How do I count Food Guide Servings in a meal?



Here is an example:

Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert

250 mL (1 cup) mixed broccoli, carrot and sweet red pepper	= 2 Vegetables and Fruit Food Guide Servings
75 g (2 1/2 oz.) lean beef	= 1 Meat and Alternatives Food Guide Serving
250 mL (1 cup) brown rice	= 2 Grain Products Food Guide Servings
5 mL (1 tsp) canola oil	= part of your Oils and Fats intake for the day
250 mL (1 cup) 1% milk	= 1 Milk and Alternatives Food Guide Serving
1 apple	= 1 Vegetables and Fruit Food Guide Serving

Eat well and be active today and every day!

The benefits of eating well and being active include:

- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.

Be active

To be active every day is a step towards better health and a healthy body weight.

Canada's *Physical Activity Guide* recommends building 30 to 60 minutes of moderate physical activity into daily life for adults and at least 90 minutes a day for children and youth. You don't have to do it all at once. Add it up in periods of at least 10 minutes at a time for adults and five minutes at a time for children and youth.

Start slowly and build up.

Eat well

Another important step towards better health and a healthy body weight is to follow Canada's *Food Guide* by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

Read the label

- Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium.
- Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.

Limit trans fat

When a Nutrition Facts table is not available, ask for nutrition information to choose foods lower in trans and saturated fats.

Nutrition Facts

Per 0 mL (0 g)

Amount	% Daily Value
Calories 0	
Fat 0 g	0 %
Saturates 0 g	0 %
+ Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 0 %

Take a step today...

- ✓ Have breakfast every day. It may help control your hunger later in the day.
- ✓ Walk wherever you can – get off the bus early, use the stairs.
- ✓ Benefit from eating vegetables and fruit at all meals and as snacks.
- ✓ Spend less time being inactive such as watching TV or playing computer games.
- ✓ Request nutrition information about menu items when eating out to help you make healthier choices.
- ✓ Enjoy eating with family and friends!
- ✓ Take time to eat and savour every bite!

For more information, interactive tools, or additional copies visit Canada's *Food Guide* on-line at: www.healthcanada.gc.ca/foodguide

or contact:

Publications
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Également disponible en français sous le titre :
Bien manger avec le Guide alimentaire canadien

This publication can be made available on request on diskette, large print, audio-cassette and braille.

For this and other publications produced by the Nova Scotia Department of Health and Wellness visit our web page at: novascotia.ca/dhw or contact one of the following Public Health Services offices:

Amherst

18 South Albion Street
902-667-3319
or 1-800-767-3319

Annapolis Royal

Annapolis Community
Health Centre
821 St. George Street
902-532-0490

Antigonish

23 Bay Street, Suite 2N
902-867-4500 ext. 4800

Arichat

14 Bay Street
902-226-2944

Baddeck

Victoria County
Memorial Hospital
30 Old Margaree Road
902-295-2178

Barrington Passage

3695 Highway 3
902-637-2430

Berwick

Western Kings Memorial
Health Centre
121 Orchard Street
902-538-3700

Bridgewater

215 Dominion Street
Suite 200
902-543-0850

Canso

Eastern Memorial Hospital
1746 Union Street
902-366-2925

Chester

109 Duke Street
902-275-3581

Cheticamp

Sacred Heart Community
Health Centre
15102 Cabot Trail
902-224-2410

Digby

Digby General Hospital
75 Warwick Street
3rd Floor
902-245-2557

Elmsdale

15 Commerce Court
Suite 150
902-883-3500

Glace Bay

Senator's Place
633 Main Street
Ground Floor
902-842-4050

Guysborough

Guysborough Hospital
10506 Highway 16
902-533-3502

Halifax

7 Mellor Ave, Unit 5
Burnside
902-481-5800

Inverness

Inverness Consolidated
Memorial Hospital
39 James Street
902-258-1920

Liverpool

Queen's General Hospital
175 School Street
902-354-5737

Lunenburg

250 Green Street
902-634-4014

Meteghan Centre

Clare Health Centre
8559 Highway 1
902-645-2325

Middle Musquodoboit

Musquodoboit Valley
Memorial Hospital
492 Archibald Brook Road
902-384-2370

Middleton

Soldier's Memorial Hospital
462 Main Street
902-825-3385

Musquodoboit Harbour

7907 Highway 7
902-889-2143

Neil's Harbour

Buchanan Memorial
Community Health Centre
902-336-2295

New Germany

New Germany and Area
Medical Centre
100 Varner Road
902-644-2710

New Glasgow

Community Health Centre
690 East River Road
902-752-5151

New Waterford

New Waterford
Consolidated Hospital
716 King Street
902-862-2204

Port Hawkesbury

708 Reeves Street, Unit 3
902-625-1693

Sheet Harbour

Eastern Shore
Memorial Hospital
22637 Highway 7
902-885-2470

Shelburne

Roseway Hospital
1606 Lake Road
902-875-2623

Sherbrooke

St. Mary's Hospital
91 Hospital Road
902-522-2212

Sydney

235 Townsend Street
2nd Floor
902-563-2400

Sydney Mines

7 Fraser Avenue
902-736-6245

Truro

Colchester East Hants
Health Centre
600 Abenaki Road
Level 1/Wing B
902-893-5820

Windsor

Hants Community Hospital
89 Payzant Drive
902-798-2264

Wolfville

Eastern Kings Memorial
Community Health Centre
23 Earnscliffe Avenue
902-542-6310

Yarmouth

Yarmouth Regional Hospital
60 Vancouver Street
4th Floor, Building B
902-742-7141



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