

Baggin' It (Packed Lunches)

Purpose To learn about making and packing healthy and safe lunches

Intended Audience All employees

- Suggested Activities**
- Use the *Baggin' It* PowerPoint presentation for an education session with employees (See the attached CD).
 - Place table tents on tables in kitchens, break rooms, worksite cafeterias, boardrooms, photocopier rooms, and other key areas.
 - Hand out and/or post fact sheets by elevators, on bulletin boards, in stairwells, and in other key areas.
 - Arrange educational sessions on the topic to be led by a dietitian.
 - Provide information on packed lunches on the intranet and/or in newsletters.

Materials

- Diversity Checklist
- PowerPoint presentation: *Baggin' It* (See the attached CD.)
- Table Tents
(See the attached CD and inserts at the back of this binder.)
- Fact sheet: *Healthy Lunch Checklist* (Public Health Agency of Canada) (See p. 97)
- Fact sheet: *Lunch to Go! Food Safety Tips* (Canadian Food Inspection Agency) (See p. 99)
- Fact sheet: *Thanks for the Great Lunch!* (Dietitians of Canada) (See p. 101)
- How to Access a Dietitian in Nova Scotia
(See Additional Resources, p. 244)
- Intranet/newsletter messages
(See Communication Materials, p. 205)
- *Healthy Eating in the Workplace Action Plan Worksheet*
(See Additional Resources, p. 221)
- *Healthy Eating in the Workplace Participant Evaluation Form*
(See Additional Resources, p. 225)



Canadian Health Network

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Healthy lunch checklist

Give yourself one checkmark for each of the elements that were included in your lunch.

Check this box just for packing a lunch.

Give yourself a check mark for each of the four food groups that are in the lunch:

Vegetables and Fruit

Grain Products

Milk and Alternatives

Meat and Alternatives

If you answer yes to the following questions, give yourself a checkmark:

Is there a dark green or orange vegetable choice such as broccoli, bell pepper, spinach, romaine lettuce or carrot?

Is there a whole grain choice?

Is there milk or a lower fat milk alternative?

Is there a lower fat meat, or meat alternative such as eggs or legumes?

Add another checkmark if:

The beverage option is plain water, milk or 100% fruit or vegetable juice or milk.

The serving sizes are reasonable.

Foods higher in calories, fat, sugar or salt (the ones that are not part of the four food groups) are absent or represent only a small portion of the whole lunch.

The cold food is kept cold and the hot food is kept hot until lunch time.

There is a little something special to make the lunch more enjoyable.

TOTAL = 0 out of 14!

Visit Healthy Lunches to Go at: <http://www.canadian-health-network.ca/healthylunches>

Dietitians of Canada is the Canadian Health Network's expert source of information on healthy eating.

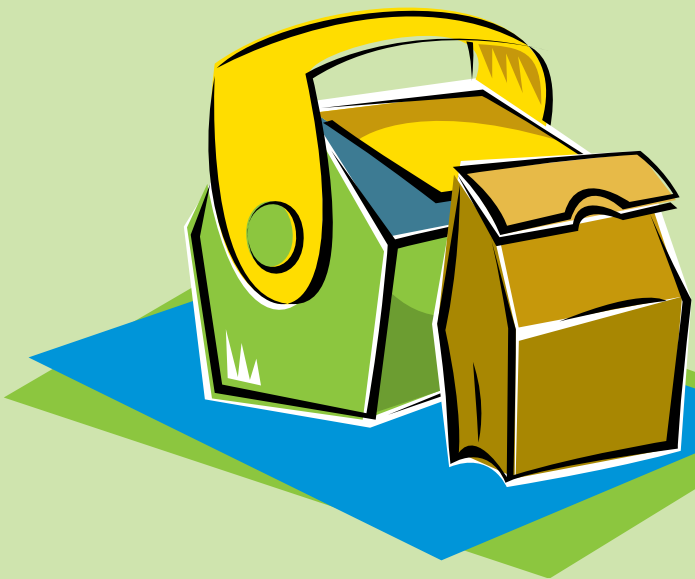


Canadian Food
Inspection Agency

Agence canadienne
d'inspection des aliments

Lunch to Go!

food safety tips



Preventing foodborne illness

Canada



Let's Do Lunch!

Mornings are busy and packing lunches takes time. But, why not take an extra few minutes to follow these tips from Canada's food safety experts? After all, they pack lunches, too!

Three quick & easy steps to making safe a lunch

1. Get off to a CLEAN start!

- Handwashing is one of the best ways to prevent the spread of foodborne illness. Do you wash your hands for at least 20 seconds with soap and warm water before and after handling food?
- Are your countertops and utensils clean and sanitized? Sanitizing kills bacteria and can prevent foodborne illness. Don't forget to clean your lunchbox!

BLEACH SANITIZER

- Combine 5 mL (1 tsp) of bleach with 750 mL (3 cups) of water in a labelled spray bottle.
- After cleaning, spray sanitizer on the surface/utensil and let stand briefly.
- Rinse with lots of clean water, and air dry (or use clean towels).

FOODSAFE TIP: Because raw fruits and vegetables can be contaminated with bacteria, viruses and parasites, wash them thoroughly with clean, safe water before you prepare and eat them. Use a brush to scrub produce with firm or rough surfaces, such as oranges, cantaloupes and carrots.

Keep cold food cold
and hot food hot.

2. Keep cold food cold

- Perishable food like meat, chicken, seafood, eggs, mayonnaise, dairy products and all leftovers must stay cold to stay safe. Use frozen freezer packs to keep your food at or below 4°C (40°F). Try our Cool Tricks too!



COOL TRICKS

- Frozen juice boxes act like extra freezer packs and you'll love the icy juice when they thaw. Pack them between food that needs to stay cold.
- Use an insulated lunch box. Keep it out of direct sunlight and away from radiators and other heat sources.
- You can refrigerate or freeze lunchbox items such as juice the night before, to get your lunchbox off to a cool start. Add a freezer pack to keep food properly chilled.

FOODSAFE TIP: Half an egg sandwich left over after lunch? Put it in the fridge right away – or throw it out. Freezer packs work in your insulated lunchbox for a few hours but they can't keep food cold for the whole day.

3. Keep hot food hot

- To be safe, hot food like soup, chili and stew must stay hot – at or above 60°C (140°F). Use insulated containers and keep the containers closed until lunchtime. Or, if you have a microwave available, take your food cold and reheat it at lunchtime.



FOODSAFE TIP: Preheat your insulated container by filling it with boiling water and letting it stand for a couple of minutes. Pour out the water and fill the container with your hot food right away.

Safeguarding Canada's Food Supply

The Canadian Food Inspection Agency (CFIA) is the Government of Canada's science-based regulator for animal health, plant protection and, in partnership with Health Canada, food safety.

For more information on food safety or to order free copies of this brochure, visit the CFIA website at www.inspection.gc.ca or call 1 800 442-2342/TTY 1 800 465-7735 (8:00 a.m. to 8:00 p.m. Eastern Standard Time, Monday to Friday). You can also find food safety information on the Health Canada and Canadian Partnership for Consumer Food Safety Education websites respectively at www.hc-sc.gc.ca and www.canfightbac.org

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Eat Well, Live Well

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Step Right Up to Healthy Eating

Thanks for the great lunch!

Lunch helps to fuel healthy, growing children.

Children need regular meals and snacks to fuel physical activity, and for growth and development. Lunch provides the energy and key nutrients children need to take on the second half of their day.

Children are not little adults.

Because children are still growing, their need for energy (calories), nutrients and food will change over time. During growth spurts or when they are more active, children need more energy (calories) than usual. As a result, they may feel hungrier and eat more during these times. Lunches that offer foods that are power-packed with nutrients can help children get extra calories in a healthy way. Examples of nutrient-rich foods include: Raw vegetables (try serving them with yoghurt dip), whole grain muffins, cheese with whole grain crackers, milk, and fresh fruits.

Make it a family affair!

Children are more likely to eat a lunch that they have been involved in making and that includes foods they like. Try to actively involve your children in planning and making lunch. Younger children can help by doing simple tasks such as putting out lunch kits or food containers for packing. Older children can take a more "hands-on" role in food preparation.



Be creative!

Boredom is a common complaint about lunch. Avoid boredom and the "brown bag blues" by providing a wide variety of foods for lunch. Short on ideas? Try the following lunch solutions:

- Hummus, pita bread wedges, raw vegetables, yoghurt, 100% fruit juice
- Whole grain tortilla filled with tuna salad, celery sticks, grapes, chocolate milk
- Banana muffin, boiled egg, carrot sticks, milk
- Leftover pasta, meat sauce, melon cubes, milk
- Picnic Lunch: cut up cheese, leftover chicken or roast beef, fruit cocktail, whole grain roll, milk
- Cold pizza, milk, oatmeal muffin, dried fruit strip



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Tips for great lunches

Practice safe lunching!

Food safety is always a concern. Ensure your child's lunch tastes great and is safe to eat by using insulated containers to keep hot foods piping hot. Cold packs or frozen juice boxes can be used to keep cold foods well chilled.

Get the gear

Invest in a collection of insulated containers, lunch bags or boxes, reusable drinking boxes, napkins and cutlery. Organize everything in one spot to speed-up the time needed to make and pack lunch.

Create a nutritionally balanced lunch

Aim for at least one food from each of the four foods groups of Canada's Food Guide to Healthy Eating.

Advocate for healthy food choices in school canteens

Soft drinks, candy and greasy snack foods often dominate the choices available at school canteens. Work with your child's school to increase the number of nutrient-rich foods offered in the canteen.

Eat well when you eat out

Seek out restaurants that offer a variety of healthy alternatives for children. Examples include: salads or fruit instead of French-fries; 100% fruit juices, water or milk instead of soft drinks. Pay attention to portion sizes. Restaurants often provide larger portions of food than most children need.

Follow the rules

Different schools have different policies concerning lunch, and it is important, for safety reasons, to pack lunches that fit within these rules. Many schools do not allow peanuts, peanut butter, or other nut products to be sent for lunch. In addition, some schools do not allow children to eat at the playground during recess or lunch. Contact your school for specific information on their lunch policies.

Do it yourself

Pre-packaged lunch items or snack packs are typically high in fat, salt, and calories and low in essential nutrients. In addition, these items can be quite expensive, particularly if used on a daily basis. Create a more nutritious, less expensive version of this popular lunch solution by packing whole grain crackers, lower-fat cheese, 100% fruit juice, and raw vegetables into a divided container.

Dietitians provide food and nutrition information you can trust. Find a dietitian in your area at www.dietitians.ca/find or call 1-888-901-7776.

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