

THE WCR LEARNING COMMUNITY

This project is made possible through funding from the Government of Canada and the Province of British Columbia.



“When I eat a healthy lunch I jump rope faster”
Photo: The California Endowment, Flickr

Easy, healthy lunches for school

Adapted from The Vancouver Sun and
The Province

Level 1

Kids learn best when they eat well.

Buy healthy food when you shop:

- grains
- beans
- lentils
- fruits
- vegetables
- fish
- skinless chicken breast

Make extra for breakfast or dinner.

Pack the leftovers for lunch.



Fruits and vegetables in the market
Photo: muammerokumus, Flickr

Add some raw vegetables like celery, cherry tomatoes, carrot sticks, snap peas or cucumber slices.

Two lunch ideas for you:

1. Did you make too much bacon and eggs at breakfast?
Put some cheese on top. Roll the mixture in a whole-wheat tortilla.
2. Got leftover steak or chicken?
Slice the meat thinly.
Mix the slices with lettuce.
Add a bit of Caesar dressing.

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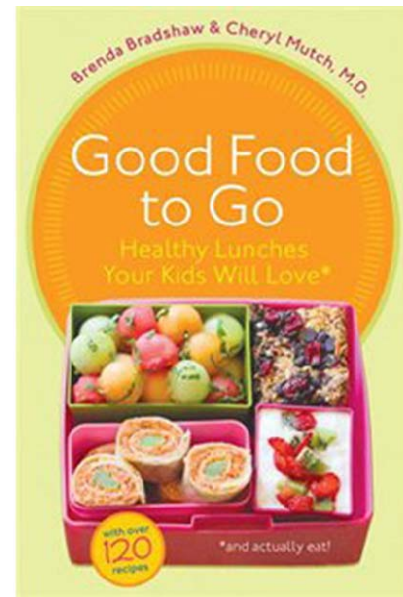
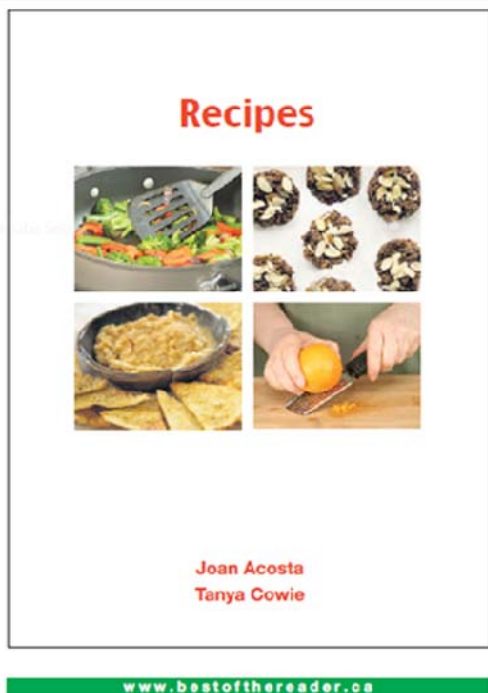


A healthy lunch
Photo: Arlen Redekop, *The Vancouver Sun*

Where can I find more recipes and ideas?

Books

- *Recipes* is an e-book of simple, easy to read recipes. The Best of the Reader collected recipes from past editions of *The Westcoast Reader*. Click [here](#) to download it for free.



- *Good Food To Go: Healthy Lunches Your Kids Will Love* by Bradshaw and Mutch has lunch and snack ideas and recipes for school lunches.

Newspapers

The Vancouver Sun and *The Province* print recipes for healthy lunches and snacks for kids. Click [here](#) to see the recipes.

Internet

- Go to the Health Canada website. Click [here](#) for healthy school lunches.
- Canada's Food Guide is written in ten different languages. Click [here](#) to download it.