School Lunches: No Microwave? No Problem!

If your child's school doesn't have microwave ovens you can still send your child to school with a tasty and healthy lunch! Try these 'no microwave needed' lunch ideas:

Yummy dippers: Pack hummus with a whole grain pita, carrot sticks, celery sticks or apple slices for dipping. Add a piece of low fat cheese or a small container of milk.

Build your own wrap: Let your child choose sliced ham, tofu or chicken, a low fat cheese and lettuce, tomatoes, peppers, or cucumbers) to wrap in a whole grain tortilla. Add a side of canned or fresh mixed fruit.

Homemade Soup: Combine diced cooked chicken, reduced salt chicken stock, cut up fresh vegetables, whole wheat pasta and spices into a pot; boil until vegetables and pasta are cooked; transfer to a Thermos®. Add a whole grain bun, an orange and a small container of milk.

Stuffed pita: Chop up leftover cooked chicken, turkey or beans and put inside a whole grain pita or a few mini pitas. Add bell peppers and shredded lettuce. Complete the meal with yogurt and a pear.

Leftovers: Some foods can be eaten cold rather than hot, such as homemade pizza and hamburgers.

Keep food safe. Food safety tips for packing lunches:

- Use an insulated lunch bag rather than a plastic bag or box**.** This will help keep **hot foods hot** and **cold foods cold**. Clean the lunch bag every day.
- Use a heat preserving or insulated container for hot foods like soup or chili. To keep food hot longer, fill your insulated container with hot water for a few minutes, then pour it out and fill with hot food.
- To keep foods cool and fresh, partially freeze items like yogurt, milk, or put a frozen ice pack in the lunch bag.
- Remind your child to wash their hands before eating or pack hand sanitizer in their lunch bag.

For more information and lunch ideas, please visit:
http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf

For more information on Healthy Eating, visit:
http://www.albertahealthservices.ca/2914.asp

Alberta Health Services

Healthy Eating Starts Here