



Healthy Lunch

It is always a good idea to pack a healthy lunch. This helps kids have energy to learn and grow. Here are some tips to pack a healthy lunch bag:

- Fruits and veggies should be a part of every lunch.
- Try some dips like hummus, cottage cheese, and yogurt.
- Select whole grain breads and crackers.
- Buy different types of cheese (cheddar, swiss) in different forms (cubes, strings, balls).
- Last night's dinner can make a quick lunch for the next day.
- Pack water, milk, or 100% fruit juice for drinks.
- Use an insulated food jar for foods like soup, chili, stew and leftovers so they are still hot at lunch.
- Place a frozen ice pack, water bottle or juice box beside the cold foods.
- Wash the lunch bag or box often with warm soapy water.

For more information visit www.ottawa.ca/health or contact Ottawa Public Health at 613-580-6744.