



## “Cool” Lunch Guide

FOR: \_\_\_\_\_  
 [your name]

“Cool” lunches happen when kids get to plan and make the foods they love to eat. Having children take ownership of preparing lunches is a recipe for success!

Check out some ideas below, and then use the blank chart to create your own “Cool” lunch plan. Don't know where to start? Consult Dietitians of Canada website at [www.dietitians.ca](http://www.dietitians.ca) for tips and ideas. How it works? Have your child pick one food from each of the columns of the “Cool” Lunch Guide. Work together to create fun and interesting lunches to go.

Starting with the grain	On top, in between, or on the side	Crunch!	Thirst Quenchers	Kid pleasing additions
Bagel	Cheese (shredded, cubed, sliced)	Carrots	Milk, white or chocolate milk	Yogurt – for eating or dipping fruit or vegetables
Pita bread	Cream cheese	Celery	100% fruit juice	Cereal bar
Hamburger/ Hot dog bun	Cottage cheese	Lettuce	Vegetable juice or cocktail	Pudding
Bread	Luncheon meat	Peppers	Yogurt and fruit shakes	Canned fruit
Flatbread/ tortilla	Hard boiled egg	Cucumber	Water	Squares (date, rice cereal...)
Pasta/ noodles	Leftover chicken or turkey	Apple		Raisins
Rice	Canned fish (tuna, salmon...)	Pear		Mini-cupcakes
English muffin	Tofu	Strawberries		Cookies (oatmeal, raisin...)
Muffins	Hummus	Oranges		
Crackers	Canned beans	Bananas		
Breadsticks		Broccoli		
		Cauliflower		
		Sunflower and sesame seeds		
		Pickles		

\*Because of allergy concerns, check with your school if peanut products are allowed and beware of sharing peanut products



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Use this blank chart to create your own “Cool” lunch plan. Don’t know where to start? Consult Dietitians of Canada website at [www.dietitians.ca](http://www.dietitians.ca) for tips and ideas.

How it works? Have your child pick one food from each of the columns of the “Cool” Lunch Guide. Combine foods in interesting ways to make fun lunches to go. If you find that some foods are missing, add your favourites to one the columns.

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