

HEALTHY LUNCHES

Are you finding it a challenge to pack healthy and interesting food for lunch away from home?
Exciting, nutritious lunches are possible by just keeping in mind these guidelines for healthy eating:

- 1) Enjoy a VARIETY of foods
- 2) Emphasize cereals, breads, other grain products, vegetables and fruit
- 3) Choose lower fat dairy products, leaner meats and foods prepared with little or no fat.

Below are some suggestions which follow these guidelines. Try to include something from each group for a healthy lunch:

BREADS AND CEREALS

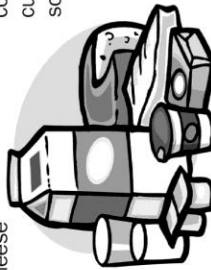
sandwich fare - whole wheat, rye, cracked wheat, pumpernickel, oatmeal or corn bread, buns, muffins, bagels, pita bread
crackers - melba toast, rye krisp, bread sticks
pasta salad, rice salad
hot pasta dinner
soup with barley, noodles or rice

FRUITS AND VEGETABLES

apples	celery sticks	bananas	celery sticks
cherries	cherry tomatoes	grapes	cherry tomatoes
melon wedges	zucchini circles	oranges	zucchini circles
peaches	radish roses	pears	radish roses
pineapples	lettuce	pure fruit juice	lettuce
dried fruit	alfalfa/sprouts	hot vegetable soup	alfalfa/sprouts

MILK AND MILK PRODUCTS

low fat milk - skim, 1% or 2%
1% cottage cheese
low fat yogurt (2%M.F. or less)
cocoa or hot chocolate
custards or pudding made with low fat milk
soups made with low fat milk



MEAT, FISH, POULTRY & ALTERNATES

lean beef or pork - leftovers or deli sliced
fish - tuna, salmon or white fish
low fat cheese (under 20% M.F.)
cottage cheese (1% M.F.) - plain or mixed with fruit
chicken and turkey - sliced or chopped
nuts, sesame or sunflower seeds
cold pizza

Only snacks will be provided by the YMCA. On the occasion that a child may be without, the YMCA will provide a healthy lunch at the parent's cost.



YMCA

PEANUT BUTTER-LESS LUNCHES

Many of our programs have children attending with NUT allergies. The YMCA of Hamilton/Burlington would like to encourage NUT FREE lunches to avoid any allergy reactions.

If you are concerned that your child will not be getting enough protein at lunch without peanut butter, you'll be happy to know that they're probably getting more than enough protein each day. Most people can easily meet their daily protein requirements by choosing foods from the four food groups of Canada's Food Guide to Healthy Eating. While protein is primarily found in Meat & Alternates and Milk Products, smaller amounts are also in the Grain Products and Vegetables & Fruit Groups.

The following foods have approximately the same amount of protein as 2 tablespoons of peanut butter (1 serving of Meat & Alternates):

- | | | |
|--------------------------|---------------------|--------------|
| 1 oz meat | 1 oz cheddar cheese | 1 cup yogurt |
| 1 cup raisin bran (Post) | 1 cup milk | 1 bagel |

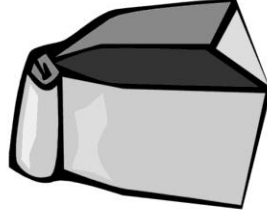
In fact, one slice of cheese pizza has almost two times the protein as 2 tablespoons of peanut butter.

HINTS FOR COMBINATIONS

Salad dressings, sandwich spreads and mayonnaise can add a lot of unwanted fat to your lunch. Get around this by limiting the amount used, choosing lower fat versions, or substituting mustard. Juicy fruits and vegetables can be mixed with sandwich filling or salad. Foods like lettuce, pineapple, celery, tomatoes, grated carrot, apple, cucumber, banana and green pepper can add taste, texture and moistness without lots of fat.

HOW TO PACK

Try to make your lunch a garbage-free lunch. Pack a nylon or cloth bag, or plastic container which can be washed and reused many times. Plastic margarine and yogurt tubs or specialized plastic containers are handy for canned fruit, salad, sandwiches, bagels and other foods that need a wrapper. Remember that fresh fruit comes in its own edible wrapper.



SAFETY FIRST

Sandwiches that are made the night before and left in the refrigerator overnight are well chilled and keep better than those made the same morning. Small freezer packs for lunch bags can also keep foods cold. Juice boxes can be frozen or partially frozen and placed in the lunch bag. If you don't have a thermos for your cold beverage, try filling a tumbler with a lid half full the night before. Place this in the freezer. In the morning, fill the tumbler to the top. By noon, the frozen portion will be melted and your drink will be nice and cold.

Wide mouthed thermoses allow you to vary your lunch and be assured of safety. Use them for chili, stew, spaghetti, baked beans, potato salad, coleslaw or fruit salad, to name a few.

SACC MARCH BREAK 2010

BRANTFORD

Brantford SACC sites and Dates	YMCA Brantford YMCA 143 Wellington St	James Hillier School 62 Queensway Dr
March 15	Come ice skate with us at Lions Park! Helmets are mandatory.	Come ice skate with us at Lions Park! Helmets are mandatory.
March 16	Find out how the wildlife live at Apps Mills Conservation Centre This is an outdoor trip so dress warm!	Find out how to build a winter shelter with the staff at Apps Mills Conservation Centre This is an outdoor trip so dress warm!
March 17	Hello? Hello? Come for a tour of the Bell Homestead.	Did you know that there is a Planetarium @ McMaster University?
March 18	Relax at the Cineplex with us for our own private movie viewing!	Relax at the Cineplex with us for our own private movie viewing!
March 19	The Traveling Reptile Man will be bringing some friends to visit with us!	The Traveling Reptile Man will be bringing some friends to visit with us!



To register call: 519-752-6568 ex. 101
Program Time: 7:30am to 6:00pm



TIPS, TRICKS AND REMINDERS!

- *Our program is open from 7:30am – 6:00pm daily
- *Nutritious snacks are served in accordance to Canada's food Guide.
- *If a parent is late picking up their child, a fee of \$20 per half hour or part thereof is charged per child that must be paid on pick up.
- *Don't forget to send your child with warm clothes on ALL days as there will be outdoor play!

Parents are reminded to send a nutritious nut free lunch and dress appropriately for both indoor and outdoor play. A nutritional morning and afternoon snack will be provided. Most trips leave the centre by 9:00am.

To register, call: 519-752-6568 ex. 101
 Deadline to register: Friday, March 5th
 Cancellations will not be accepted after: Monday March 8th
 Cost: \$28/ Day/ Child
 Ages: 3.8 – 12 years



Please do not send electronic devices (gameboys, iPods, cell phones, mp3 players, etc...) with your child.

