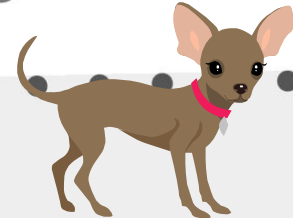


# PA DAY 2012



**South Gate Church**  
120 Clarendon Ave. Hamilton, ON



**January 23rd 2012**

Try your hand at pottery painting at this location

**February 17th 2012**

Enjoy a visit from a furry friend from the SPCA



**Downtown Family YMCA**  
79 James St. S. Hamilton, ON

**January 23rd 2012**

See the celebrations around the world at the Children's International Learning Centre

**February 17th 2012** Enjoy a visit from a furry friend from the SPCA

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

- **Deadline to register: Wednesday prior to the PA Day**  
(Payment required at time of registration)
- **Cancellations will not be accepted after: TWO BUSINESS DAYS PRIOR TO PA DAY**
- **Please do not send electronic devices (gameboys, ipods, cell phones, MP3 players etc...) with your child**

To register call: 905-317-4916

Cost: \$35/CHILD

Ages: JK/SK/ Grade 1 only



# 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

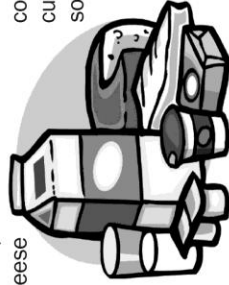
sandwich fare - whole wheat, rye, cracked wheat, pumpernickel, oatmeal or corn bread, buns, muffins, bagels, pita bread  
 crackers - melba toast, rye krisp, bread sticks  
 pasta salad, rice salad  
 hot pasta dinner  
 soup with barley, noodles or rice

## FRUITS AND VEGETABLES

apples	carrot sticks	bananas	celery sticks
cherries	cauliflower florets	grapes	cherry tomatoes
melon wedges	green pepper rings	oranges	zucchini circles
peaches	cucumber rounds	pears	radish roses
pineapples	broccoli florets	pure fruit juice	lettuce
dried fruit	tomato/vegetable juice	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.**

## 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      |

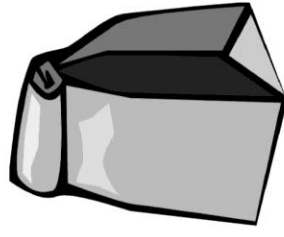
In fact, one slice of cheese pizza has almost two times the protein as 2 tablespoons of peanut butter.

## 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.



YMCA