

Healthy Lunches Challenge

Monday Feb. 6 – Friday Feb. 17

Dear Parent/ Guardian,

Students are invited to participate in a voluntary school event for February, the Healthy Lunches Challenge. The challenge is for students to bring a healthy lunch to school every day for two weeks from Monday Feb. 6 – Friday Feb.10 and Monday Feb. 13 – Friday Feb.17. Students wishing to participate will complete a Student Tracking Form for this two week period. The names of six students from around the School District will be chosen by a random draw in mid-March. Each of these six students will win a Healthy Smoothie Party for their class.

To qualify as a healthy lunch, choose one Food from each of the columns below. Maybe include leftovers from supper such as chili or stew. To see a bigger list of items for healthy lunches, see the Brand Name Food List and Affordable Healthy Eating pamphlets on the web site www.livinghealthyschools.com .

Start with a Grain	Add a Meat & Alternatives	Include Vegetable and/ or Fruit (Fresh, Canned, or Frozen)	Add a Milk & Alternatives	Satisfy your Thirst
Bread Bun Pita bread Tortilla Bagel English muffin Rice Pasta/ Noodles Crackers Whole Grain Muffin <i>Tip:</i> <i>For more fibre, whole grains are the best choices.</i>	Chicken Turkey Beef Ham Tuna Salmon Egg Baked beans Split pea soup Hummus <i>Tip: Avoid processed meats such as wieners and pepperoni that are high in fat and salt. Select lean meats cooked with little or no added fat or salt.</i>	Lettuce Tomato Cut up veggies Carrots Celery Peppers Apple Banana Orange Pear Berries Raisins Fruit cup (in water) 100% Fruit juice Vegetable juice <i>Tip: Fruit Roll-Ups are high in added sugar and are <u>not</u> a healthy choice.</i>	Yogurt Yogurt tube Hard cheese Cheese string Cottage cheese Milk pudding White milk Chocolate milk	Water <i>Tips:</i> <i>Avoid fruit punches, jammers, or aides as they are high in added sugar and are <u>not</u> a healthy choice.</i> <i>Keep your lunch cold with a frozen 100% juice box or freezer pack.</i>

Parents can help their children build healthy habits by being good role models. Help them pack a healthy lunch and one for yourself too! If you want more information on Eating Healthy, go to our web page listed above. If you have any questions, contact Bill Allan at bill.allan@wnlsd.ca or call 637-4021. Thanks for your help.