

# Healthy Lunch Challenge

## February 6 – 17, 2012



**Challenge:** To enter, bring a healthy lunch to school each day from February 6 – 17. For advice on affordable healthy lunches, see the back of this page or the web site at [www.livinghealthyschools.com](http://www.livinghealthyschools.com). Complete the Student Tracking Form below & have **a chance to win a Smoothie Party for your class!**

### STUDENT TRACKING FORM

To keep track of your healthy “cool” lunches, fill out this form for each school day. Hand in the form to your teacher on Friday, February 17.

Name of Student: \_\_\_\_\_ School: \_\_\_\_\_

Teacher/ Adult Supervisor: \_\_\_\_\_ Grade: \_\_\_\_\_

Place a check mark (✓) each day you bring a healthy lunch to school:

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Week 1:</u> Monday, Feb. 6 - Friday, Feb. 10					
<u>Week 2:</u> Monday, Feb. 13 - Friday, Feb. 17					

# Healthy “Cool” Lunch Guide

Plan ahead to create your own fun and interesting lunch. Maybe include leftovers from supper such as chili or stew. Choose one Food from each of the columns below. 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](http://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> For more fibre, whole grains are the best choices.	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 and Fruit Gushers are high in 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> Avoid fruit punches, jammers, or aides as they are high in added sugar and are <u>not</u> a healthy choice.  Keep your lunch cold with a frozen 100% juice box or freezer pack.

Use the blank chart below to create your own healthy “cool” lunch plan.

Start with a Grain	Add a Meat & Alternatives	Include Vegetable and/ or Fruit (Fresh, Canned, or Frozen)	Add a Milk & Alternatives	Satisfy your Thirst