

Information from Public Health

Children that eat well, learn well. A variety of food provides the energy and nutrients needed to pay attention, learn, grow and be active! Try to include at least one food item from each of these 4 categories in your child's lunch every day.

Vegetables

Fruit

Protein-rich Foods (beans, lentils, chickpeas, cheese, eggs, meat, fish, plain yogurt, plain milk)

Whole Grains & Starchy Vegetables (whole grain pasta or bread, potatoes, corn)

Additional tips:

- Send a re-usable water bottle with water every day.
- Involve your kids in planning and preparing – it takes two to tango! Kids are more likely to eat food that they were involved in making.
- Be a positive role model. Kids are smart and always watching, so if you're eating the veggies, they'll likely eat them too!
- Check out [UnlockFood.ca](http://www.unlockfood.ca) for school lunch tips and recipes.

Watch our new YouTube [video](#) for recipe inspiration and tips (Visit: <http://bit.ly/2it19CG>).

For more information visit www.wdgpUBLICHEALTH.ca

