

# Nutrition Facts

## Dare to Compare ... Nutrition Makes Cents

Pre-packaged or processed foods can add to your grocery bill and food waste. Plus, these items are not always the best choices. Homemade lunches can help to boost nutrition and lower your grocery bill. Convenient containers and insulated lunch bags allow for greater flexibility when packing school lunches.

LUNCH # 1	LUNCH # 2
<b>Homemade Lunch</b>	<b>Small Pre-Packaged lunch meat kit</b>
8 whole wheat grain crackers .40	8 crackers rounds
35g cubes of leftover cooked chicken .48	8 rounds of kielbasa ham
25 g mozzarella cheese .35	8 rounds of mozzarella processed cheese
11 baby carrots .53	Small chocolate bar
	<b>\$3.27</b>
Container of water <b>No cost</b>	
Unsweetened applesauce .39	1 tetra pack juice .31
Plain Yogurt (100 g) .33	Fruit Snacks .27
	Granola Bar .29
<b>Total Cost \$2.48</b>	<b>Total Cost: \$ 4.14</b>

Prices obtained in London March 2019

### Homemade lunches:

- Can save you money.
- Are usually lower in fat, sodium (salt) and sugar.
- Can include a variety of nutritious foods, like the lunch above.



<b>Savings per Meal</b>	<b>\$1.66</b>
<b>Savings per School Year</b>	<b>\$312.08</b>

**Packing lunches that your kids will eat and enjoy take a little planning ... but the benefits of good nutrition and savings are worth the effort.**

# Pack a Nutritious Lunch and Save Money Too!

## Make packing lunches a snap!

- Start by including your kids in the planning, shopping and packing!
- Include a variety of vegetables and fruits, whole grains and protein foods.
- Plan and pack lunches the night before to save time in the morning.
- Get creative! Use different breads and fillings in sandwiches to keep it interesting
- Pack colourful seasonal vegetables and fruits. Use frozen or canned when not in season.
- Include a healthy drink like water, white milk, unsweetened fortified soy beverage or unsweetened plant-based beverage (e.g., pea, almond).
- Pack portions you know your child can eat and use re-usable containers that are easy to open!

## Keep food safety in mind!

- Keep hot foods hot – use a wide mouth thermos. Pack them in the morning and be sure they are piping hot.
- Keep cold food colds – use an insulated bag, thermos and an ice pack.
- Teach your kids to wash their hands before eating and to throw out any perishable foods not eaten at lunch.
- Wash the insulated bag and water bottles daily.

**Remember to make ½ the lunch vegetables and fruit, ¼ whole grain foods and ¼ protein foods.**

Vegetables and Fruit	Whole Grain Foods	Protein Foods
Baby carrots* Veggie sticks Cucumber slices Grapes* Berries* (use frozen during winter months) Cherry tomatoes* Unsweetened applesauce or apple slices Canned fruit in water/juice Dried fruit	Whole grain bagels, wraps or pitas Whole grain breakfast cereals & oatmeal Whole grain crackers Whole grain pasta salad Whole grain bread, buns, or muffins Whole grain rice quinoa or couscous	Nuts and seeds* Hummus or bean dip Chickpeas Cooked leftover meats Hardboiled eggs Canned fish Plain yogurt White milk or unsweetened fortified soy beverage Cheese

\*Nuts, seeds, popcorn, some raw fruits, like grapes (cut into quarters), and some raw vegetables, like carrots, are good snacks but may cause choking in children under age three. Always supervise children when they are eating. **Remember that many schools are peanut/nut-safe!**