



## Healthy Lunch



It is always a good idea to pack a healthy lunch. This helps kids have energy to learn and grow. Here are some tips to pack a healthy lunch bag:

- Fruits and veggies should be a part of every lunch.
- Try some dips like hummus, cottage cheese, and yogurt.
- Select whole grain breads and crackers.
- Buy different types of cheese (cheddar, swiss) in different forms (cubes, strings, balls).
- Last night's dinner can make a quick lunch for the next day.
- Pack water or milk for hydration throughout the day.
- Use an insulated food jar for foods like soup, chili, stew and leftovers so they are still hot at lunch.
- Place a frozen ice pack or frozen water bottle beside the cold foods.
- Wash the lunch bag or box daily with warm soapy water.

For more information visit [www.ottawa.ca/health](http://www.ottawa.ca/health) or contact Ottawa Public Health at 613-580-6744.