

EATING FOR A's





Healthy Children Learn Better

Want your children to do well in school? Yes!

Make sure they have breakfast, pack them healthy lunches and choose healthier options for snacks. Do this and you will see results on the report card!

Children who eat well:

- perform better in school
- maintain a healthy body weight
- have energy to be more active
- build good habits

Want to see improvements at the dinner table? Yes!







Most children like to cook and will try what they have prepared. Get children involved in meal planning and food preparation.

Some things your child can do to help at meal times are:

- wash vegetables and fruits
- tear lettuce
- mix batter
- pour ingredients

Eating Well with Canada's Food Guide

Let **Canada's Food Guide** help you plan your meals!

<p>VEGETABLES AND FRUIT</p> 	<ul style="list-style-type: none">• fresh, frozen or canned vegetables• leafy vegetables• fresh, unsweetened frozen or unsweetened canned fruits• 100% unsweetened juice <p>✓ <i>Eat one dark green and one orange vegetable a day.</i></p> <p>✓ <i>Have vegetables and fruit more often than juice.</i></p>
<p>GRAIN PRODUCTS</p> 	<ul style="list-style-type: none">• bread• bagel• flatbreads• cooked rice, bulgur or quinoa• cereal• cooked pasta or couscous <p>✓ <i>Make at least half of your grains whole wheat.</i></p>
<p>MILK AND ALTERNATIVES</p> 	<ul style="list-style-type: none">• milk or powdered milk• canned milk (evaporated)• fortified soy beverage• yogurt <p>✓ <i>Select lower fat alternatives.</i></p>
<p>MEAT AND ALTERNATIVES</p> 	<ul style="list-style-type: none">• fish, shellfish, poultry, lean meat• cooked legumes (such as kidney beans, navy beans, chickpeas)• tofu• Eggs• seeds <p>✓ <i>Eat at least two servings of fish each week.</i></p>

Rise and Shine

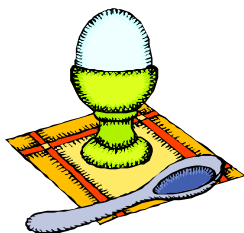
Power up your body and brain with breakfast!

Children who eat breakfast:

- get more vitamins and minerals
- have more energy
- have better eye-hand coordination
- miss less school
- don't crave sweets

Children who eat breakfast are able to:

- concentrate better
- be more alert
- problem solve better
- be more creative



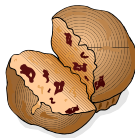
Eating breakfast stimulates your brain. Breakfast-eaters have the edge when it comes to taking tests.



Take time to eat breakfast with your child. Set an example by eating a good breakfast yourself.

Super Starters

- ♥ **Breakfast Burrito** - roll up a scrambled egg with low fat shredded cheese and salsa in a small whole grain soft tortilla wrap.
- ♥ **Chocolate Monkey** - blend a cup of milk with a small amount of peanut butter, add skim milk powder, cocoa mix and a 1/2 frozen banana, blend until smooth.
- ♥ **Breakfast Parfait** - top vanilla yogurt with berries and dry cereal. (Blueberries are great!)
- ♥ **Breakfast Waffles** - cut waffles into sticks and dip in applesauce, serve with milk.
- ♥ **Breakfast To Go** - pack a hard cooked egg, a small muffin and unsweetened juice box.



If your child is not hungry in the morning, offer a glass of milk or piece of fruit, then pack a breakfast that can be eaten on the way. Make sure evening snacks are not too big.

Lunch Time Lift Off

(Peanut Free)



Give these peanut-free lunches a try. They include foods from all four food groups.

- **Veggie Wrap** - Combine cream cheese and ranch dressing. Spread on a whole wheat tortilla. Sprinkle on grated carrot, finely chopped peppers, broccoli, green onion or sliced cucumber and grated cheese.
- **Meatball Sub** - Place leftover meatballs in a whole wheat hot dog bun with mozzarella cheese. Finish the meal with a fruit cup.
- **Winter Warmer: Beef and Vegetable Stew** - Serve hot in a thermos with a whole wheat biscuit and a small carton of milk.
- **Pita Pocket** - Line a whole wheat pita pocket with lettuce leaf and stuff with a mix of egg, tuna or salmon salad, chopped celery, grated onion and salad dressing. To make this meal complete, add a frozen yogurt tube that makes for a fun frozen slushy treat.
- **Pasta and Bean Salad** - Toss cooked bowtie shaped pasta with diced tomatoes, chopped broccoli and chick peas or black beans. Top with your favourite dressing. Add a small carton of white or chocolate milk.

Smart Snacking



The best snacks are those that include two of the four food groups.



Snacks to try:

Foods with great nutrition are low in fat and sugar, and help with growth and development.

- Fruit or vegetables of any kind – cut up in small containers to make it easy for children to eat
- Unsweetened fruit cups, fruit sauces
- Yogurt cups or tubes
- Cheese cubes, strings
- Unsalted popcorn

Snacks to pass on:

These snacks have little nutritional value and are high in sugar, salt and/or fat.





- Cereal bars coated in chocolate or with marshmallows
- Potato chips
- Gummy fruit snacks
- Dry instant noodles
- Snack packs, such as cheese spread with crackers or breadsticks
- Cookies with icing dip
- Pop



Simple Suppers

Aim for 4 out of 4

Try mixing and matching these supper ideas!
Choose one from each food group to form a complete meal.

Meat and Alternatives 	Grain Products 	Vegetables and Fruit 	Milk and Alternatives 
ground beef, pork or turkey	pasta	carrots, broccoli or frozen vegetable mix	milk to drink
roast beef, pork or chicken	rice	tossed salad	yogurt
canned beans/legumes	whole wheat bun	kernel corn or green beans	cubed cheese
canned tuna or salmon	pita or flatbread	fresh fruit salad	pudding made with milk

* Drink fortified soy beverages or lactose free milk if you cannot tolerate regular milk.

5 Facts on Juice

Fruit juice is nutritious, but your child can get TOO MUCH!

1. Too much juice can replace other healthy foods.
2. Too much juice can cause tooth decay and diarrhea.
3. Don't be fooled by pictures of fruit or fruity names. (This does not mean that the juice is made with real fruit.)
4. Read the label to find out which juice is made from real juice.
5. Look for ***100% Pure Unsweetened Juice, No Sugar Added.***

- Children 1 to 6 years of age should limit juice to 4-6 oz. (1/2 cup - 3/4 cup) per day.
- Children 7 to 18 years should limit juice to 8-12 oz. (1-1½ cups) per day.

The importance of water!

Not being hydrated can lead to:

- poor concentration
- less classroom participation
- lower test scores
- physical fatigue



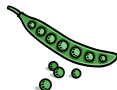
Encourage children to drink water at home and after taking part in sports, such as gym class.
Be sure to pack water in backpacks and lunch boxes!

Eat Your Vegetables and Fruit

We all need to eat our vegetables and fruit.



- Add chopped vegetables like mushrooms, spinach and onion to an omelet.
- Add fruit like bananas, berries, dried fruit or diced apple to your cereal.
- Add lettuce, shredded carrot or sliced cucumbers to sandwiches, wraps or burritos.
- Add chopped or frozen vegetables to meat dishes, soups or casseroles.
- Add variety to your salads, like baby spinach, broccoli or frozen green peas.



It all adds up to a healthier you!



Awesome Websites

Healthy Schools
[http://www.gov.mb.ca/healthyschools/
foodinschools/index.html](http://www.gov.mb.ca/healthyschools/foodinschools/index.html)



Canada's Food Guide
[http://www.hc-sc.gc.ca/fn-an/food-guide-
aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php)

Child Nutrition Council of Manitoba
<http://www.childnutritioncouncil.com>

Dietitians of Canada
[http://dietitians.ca/HLTG/HLTG_web/content/
english/health_lunches.aspx](http://dietitians.ca/HLTG/HLTG_web/content/english/health_lunches.aspx)



Brandon School Division Nutrition Policy

Good nutrition is important for optimal health, growth, development and learning. The Brandon School Division has a responsibility to foster, promote and support healthy living by demonstrating leadership in nutrition.

Brandon School Division Allergy Policy

Some students in the Brandon School Division have life threatening allergies to nuts and other products. The only way to ensure a safe environment for these children is to try and make their schools nut-free. In a classroom setting, cross-contamination is the greatest risk from this type of allergy. Cross-contamination is when a few crumbs from one child's food are dropped and then picked up by an allergic child. This can also happen when residue is left on an object, such as a ball or computer keyboard and is then transferred to the allergic child. A small amount can be very dangerous.



Please ensure that you do not send products that contain nuts (or other specified ingredients) with your child for their lunch or snack. Schools can provide you with a list of nut-free snacks or suggestions for children's at-school meals.

Contact your school for more information.



BRANDON REGIONAL HEALTH AUTHORITY



Accepting the Challenge™