

MATCH THE FOODS



carrot

milk



macaroni

carrot



milk

strawberry



egg

cheese



strawberry

macaroni



cheese

tuna



tuna

bread



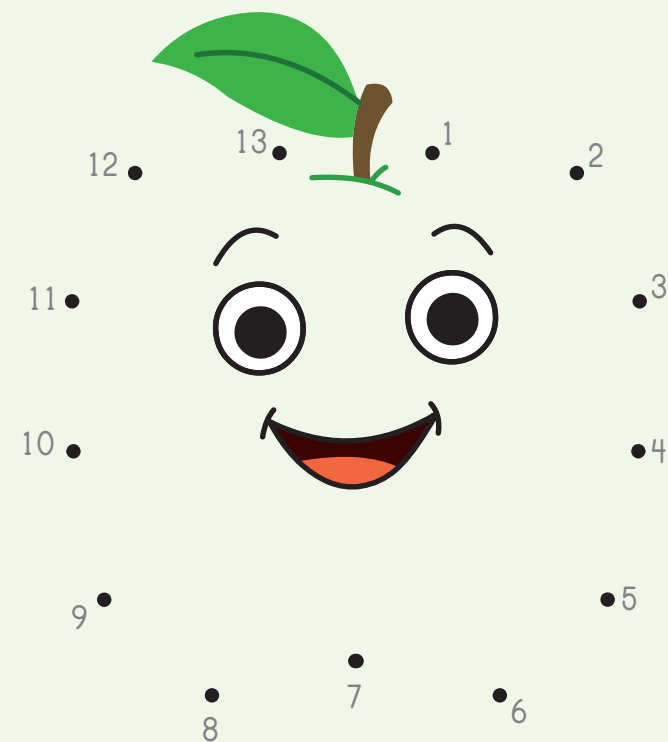
bread

egg



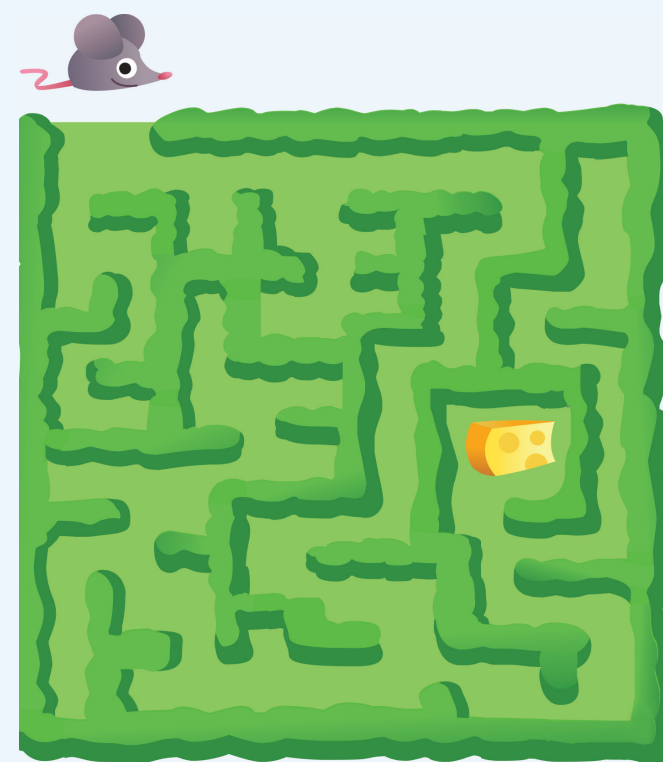
MY NAME IS

JOIN THE DOTS



CRAZY MAZE

Help the little mouse get to the cheese.

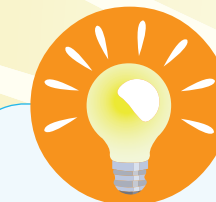


MAKE EVERY SCHOOL DAY LUNCH-A-LICIOUS

Packing school lunches every day? Our Lunch-a-licious Lunchbox is filled with child-friendly ideas fresh out of Canada's Food Guide. Use the checklist of examples below as a guide to make sure your child's lunch includes foods from each of the four food groups.



Don't forget to pack a healthy snack.



Think outside the lunchbox.

There's an easy way to pack the goodness of milk into school lunches. Buy milk at school! Thanks to the School Milk Program, milk at school costs about the same as milk at home: 40¢ a serving.



<input type="checkbox"/> VEGETABLES AND FRUIT <ul style="list-style-type: none"> CARROT STICKS CUCUMBER SLICES SNOW PEAS APPLE GRAPES CLEMENTINE 	<input type="checkbox"/> GRAIN PRODUCTS <ul style="list-style-type: none"> BROWN RICE WHOLE GRAIN MINI PITAS, CRACKERS, BREAD WHOLE GRAIN PASTA WHOLE GRAIN MINI MUFFIN
<input type="checkbox"/> MILK AND ALTERNATIVES <ul style="list-style-type: none"> YOGURT CHEESE CUBES STRING CHEESE COTTAGE CHEESE SHREDDED CHEESE MILK 	<input type="checkbox"/> MEAT AND ALTERNATIVES <ul style="list-style-type: none"> HARD-BOILED EGG TUNA BEANS HUMMUS LEFTOVER CHICKEN, TURKEY OR BEEF



Did you know...

The School Milk Program is proudly funded by your local dairy farmers and dairy processors as well as the Nova Scotia Department of Agriculture. Nova Scotia children have been able to buy cold, fresh milk at school, at a reduced price, for over 40 years!



SCHOOL MILK PROGRAM

For more information about the School Milk Program, visit MilkinSchool.ca

Fun foods for little fingers



Store-bought pre-packaged lunches are expensive and offer little in terms of nutrition. Instead, let children create their own. Give them a set of small reusable containers to fill with their choice of foods from each of the four food groups.



Bring out your child's inner chef.

Children are more likely to eat their lunch and snacks when they've helped put it together.

MINI PIZZA BITES

- Whole wheat mini pitas, baguette slices or English muffins
- Pizza sauce
- Cooked chicken, beef, pork or black beans
- Sliced vegetables
- Shredded cheese



Preparation: Preheat oven to 350 °F (180 °C). Spread pizza sauce on the bread of your choice. Add meat or beans and veggies and sprinkle with shredded cheese. Bake for 10-12 minutes (until cheese bubbles). Cool down and store in an airtight container in the refrigerator.

HUMMUS DIP

- 1 can (540 mL) chickpeas, drained
- 1/4 cup (60 mL) olive oil
- 1 tbsp (15 mL) lemon juice
- 1 tsp (5 mL) cumin
- 2 tbsp (30 mL) plain yogurt



Preparation: Blend all ingredients until smooth. Cover and refrigerate. Serve with whole grain crackers and baby carrots or other healthy dippables.



Want to prevent the afternoon slump?

In the afternoon, there's a natural drop in energy levels. When you make milk part of your child's lunch, you are providing them with a source of energy and 16 essential nutrients that help them stay active and ready to learn. So take advantage of the School Milk Program and buy milk at school.



Get the Goods on Milk*

9g OF HIGH QUALITY PROTEIN	BONE BUILDING CALCIUM	90% WATER
100% CANADIAN	<i>Promotes dental health</i>	A good dose of vitamin D, the sunshine vitamin
EASY-TO-ABSORB CALCIUM	PACKED WITH 16 ESSENTIAL NUTRIENTS	<i>Energy to help fuel your body</i>

*Based on a 250mL carton of 1% milk.

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COUNT THE FOODS

10 10