

# Cool Lunch Guide

for \_\_\_\_\_  
(your name)



“Cool” lunches happen when kids get to plan and make the foods they love to eat. Having children take ownership of preparing lunches is a recipe for success!

Check out some ideas below, and then use the blank chart to create your own “Cool” lunch plan. Don’t know where to start? Consult Dietitians of Canada website at [www.dietitians.ca](http://www.dietitians.ca) for tips and ideas.

How it works? Have your child pick one food from each of the columns of the “Cool” Lunch Guide. Work together to create fun and interesting lunches to go.

Starting with the grain	On top, in between, or on the side	Crunch!	Thirst Quenchers	Kid pleasing additions
Bagel Pita bread Hamburger/ Hot dog bun Bread Flatbread/ tortilla Pasta/ noodles Rice English muffin Muffins Crackers Breadsticks	Cheese (shredded, cubed, sliced) Cream cheese Cottage cheese Luncheon meat Hardboiled egg Leftover chicken or turkey Canned fish (tuna, salmon...) Tofu Hummus Canned beans	Carrots Celery Lettuce Peppers Cucumber Apple Pear Strawberries Oranges Bananas Broccoli Cauliflower Sunflower and sesame seeds Pickles	Milk, white or chocolate milk 100% fruit juice Vegetable juice or cocktail Yogurt and fruit shakes Water	Yogurt – for eating or dipping fruit or vegetables Cereal bar Pudding Canned fruit Squares (date, rice cereal...) Raisins Mini-cupcakes Cookies (oatmeal, raisin...)

\*Because of allergy concerns, check with your school if peanut products are allowed and beware of sharing peanut products

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FOR: \_\_\_\_\_  
[your name]

“Cool” lunches happen when kids get to plan and make the foods they love to eat. Having children take ownership of preparing lunches is a recipe for success!

Use this blank chart to create your own “Cool” lunch plan. Don’t know where to start? Consult Dietitians of Canada website at [www.dietitians.ca](http://www.dietitians.ca) for tips and ideas. How it works? Have your child pick one food from each of the columns of the “Cool” Lunch Guide. Combine foods in interesting ways to make fun lunches to go. If you find that some foods are missing, add your favourites to one the columns.

Starting with the grain	On top, in between, or on the side	Crunch!	Thirst Quenchers	Kid pleasing additions

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This information is not intended to replace advice from your family doctor or dietitian. Find a dietitian in your area at [www.dietitians.ca/find](http://www.dietitians.ca/find) or call 1-888-901-7776.

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