

MINUTE NUTRITION NEWS

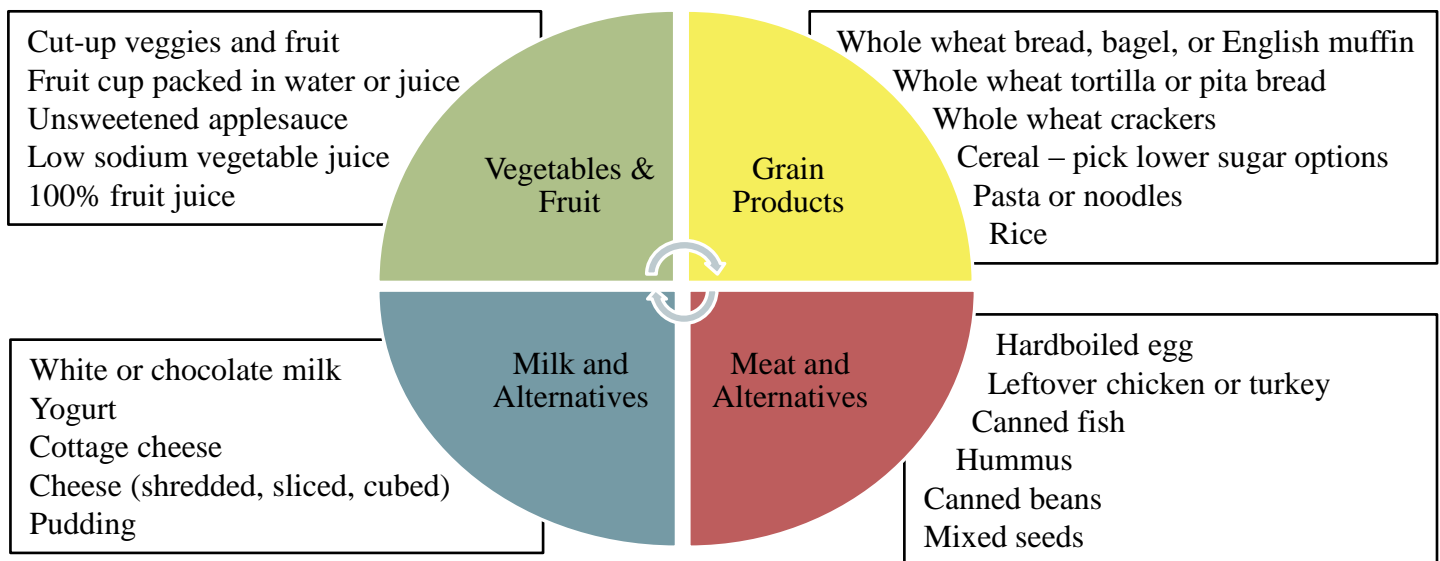
August 2013

Back to School Meal Planning

It's that time of year again – when things start to get busy with back to school planning. In this issue, learn what makes up a balanced lunch and snack, and get some ideas to make this school year a healthy one!

What is a healthy lunch and snack?

The diagram below shows the four food groups from Canada's Food Guide. As a general rule of thumb, a healthy lunch includes at least three of the four food groups, and a healthy snack includes two of the four food groups. You and your child can look for ideas from the options below in each food group, then mix and match to create all sorts of creative lunches and snacks! Flip to the back to see what ideas our Registered Dietitian came up with!



Time-Saving Tips

- Cut up extra veggies when making dinner the night before and add to lunch boxes the next day.
- Invest in a thermos – send leftovers from dinner as lunch the next day.
- Keep your cupboard stocked with the items above. Mix and match the items that don't require cooking for a quick and balanced lunch – for example, crackers with hummus, a fruit and yogurt.
- Let your child choose from the food groups above to help you save some brainstorming time.

Got questions?

Meet the clinic's registered dietitian on August 8th from 9:00 to 11:00am during the recipe demonstration of homemade guacamole and pita chips!

RECIPE OF THE MONTH

August 2013

Lunch and Snack Ideas for an Easy Back-to-School

Lunch	Snack
<ul style="list-style-type: none">• Homemade “build-your-pizza” kit with small flatbread, tomato sauce, lean meat, cheese and diced veggies• Tortilla rolls with lean sliced chicken, shredded carrots, shredded cheese and salad dressing or guacamole, apple• Pita pocket with salmon and diced green apples mixed with yogurt and mayonnaise, carrot sticks on the side• Whole wheat wrap with tuna, diced celery and mayonnaise, banana• Hard boiled egg, whole grain crackers, red pepper strips with yogurt dip• Pasta salad with shredded carrots and corn mixed with mayonnaise, fruit• Homemade vegetable soup with noodles and chicken, yogurt, orange	<ul style="list-style-type: none">• Baked tortilla wedges and bean dip• Rice cakes or rice crackers with hummus• Yogurt with berries or granola• Apple and cheese string• Whole grain crackers with sliced pear and cheese• Carrot sticks with yogurt dip• Mixed fruit with cottage cheese• Homemade trail mix with cereal, seeds and dried fruit• Fruit and cheese kebob• Baked tortilla or pita wedges with homemade guacamole• Celery sticks with homemade tzatziki sauce

Homemade Guacamole and Pita Chips



Ingredients:

1	Whole wheat pita
1	Avocado, mashed
¼ tbsp	Lemon juice
¼	Red onion, finely diced
¼	Tomato, diced
1 clove	Garlic
To taste	salt and pepper

Directions:

1. Preheat oven to 350F. Cut tortilla into 8 triangle-shaped wedges. Place on a baking sheet and bake for about 8-9 minutes or until colour turns lightly brown.
2. Mix remaining ingredients in a bowl and serve with pita chips.