

The Art of Fine Lunching

- Remember to include at least three of the four food groups in Canada's Food Guide
- Keep hot foods hot—use a thermos, rinsing it with hot water first. Hot foods should be steaming hot when you put them in a thermos
- Keep cold foods cold—use an insulated lunch bag. Use a freezer pack or a frozen juice box that will thaw by lunch time
- Be aware of the school's allergy policy when planning lunches or snacks for your child

For more information, call Toronto Health Connections at 416-338-7600 or visit www.toronto.ca/health (see A-Z index, Nutrition—Nutrition Matters).

Last updated August 2010