**BACK TO SCHOOL**



**HEALTHY**

**Prepare Healthy Meals**1px-trans

*Would you like to prepare a nutritious lunch for your school children?*

*Do you want to make sure your child will eat it themselves instead of swapping it out or throwing it away?*

Follow these guidelines to get a winning combination:

1. **Avoid snacks with heavily processed food products such as granola bars and potato chips.**

Of course, it's convenient to grab a package from the pantry, but these products usually contain a lot of sugar, salt, saturated fat and their nutritional value is sometimes negligible

1. **Feed them products with good natural nutritional value.**

Wholemeal breads and crackers, fresh fruits and vegetables, and cheeses are all ingredients of choice for a healthy lunch. You can even divide them ahead of time into smaller portions that will be easier to swallow.

1. **Give your child the opportunity to be entertained with appetizers.**

Give them the opportunity to experiment with a variety of nutritious dips and toasts such as yogurt, salsa or hummus for their vegetables and crackers. Prepare a soft-boiled egg for her to shell at lunchtime.

1. **Think small.**

Children eat small portions with good appetite, and they tend to snack throughout the day, so substitute several small bites for a sub.

1. **Leave out soft drinks and sugary fruit juices.**

They promote cavities and they take up a lot of space in the stomach which needs it for healthier fluids like milk.

1. **Consider what your child wants to eat.**

The best way to make sure they eat their lunch is to involve them in their preparation. Find out what their favourite snacks are or give them a choice of 2 or 3 items in the morning. Then, at the end of the day, ask them what they liked best about their lunch bag.