

COLOUR YOUR LUNCH

Help your children to eat plenty of colourful vegetables and fruit every day. Growing children 4 to 8 years need at least 5 Food Guide Servings; children 9 to 13 years need at least 6 Food Guide Servings. For tasty school snacking send bite-sized, ready-to-eat fruit and vegetables. Try cherry tomatoes, baby carrots, sliced cucumber, melon balls, kiwi quarters, individual fruit cups/applesauce blends - the choices are endless.



Visit Canada's Food Guide online at
www.healthcanada.gc.ca/foodguide



For More information,
call a Registered Dietitian
at 1-800-660-5853 or 613-345-5685
or visit www.healthunit.org/nutrition

Developed by Renfrew County and District Health Unit