

# 'Make-it-at-Home' Lunch Kit

Most convenience lunch kits are too high in calories, fat, salt as well as cost and too low in fibre and essential nutrients. But kids love the compartments and child-size portions so make your own 'kit'. It is less expensive and more nutritious. Pack whole grain crackers or mini bread sticks, lower fat cheese cubes, bite-size veggies with dip, and cereal trail mix in a divided container.



Visit Canada's Food Guide online at  
[www.healthcanada.gc.ca/foodguide](http://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](http://www.healthunit.org/nutrition)

Developed by Renfrew County and District Health Unit