

Creating a Healthy Catered Lunch Day

Starting September 2011, catered lunch providers will be offering foods that comply with the nutrition standards in the School Food and Beverage Policy (P/PM 150). To help our school comply with the Policy there may be some changes to the foods offered over the next few months, including:

- More whole grain bread and other grain products
- More veggies and fruit
- Different or fewer desserts or sweet items
- Fewer items with minimum nutritional value (eg, pasta with butter, pancakes)

Our school is excited about these changes! Students will be eating healthy foods to fuel their bodies and their minds! To make sure your child's lunch is a complete meal that contains the energy and nutrients they need, pack extra food (eg, yogurt, fruit), a healthy snack (eg, cheese cubes and crackers) and a healthy beverage (eg, milk).

Together we can make the healthy choice the easy choice!

Revised from Nutrition Tools for Schools® 2007
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