

Milk Products

Children need milk to grow strong, healthy bones. Here are some suggestions:

- ✓ Milk
- ✓ Chocolate Milk
- ✓ Yogurt
- ✓ Frozen Yogurt
- ✓ Cheese



Meat and Alternatives

Peanut butter used to be the easy protein choice for children, but some schools are peanut free because of children's allergies. So here are some alternatives:

- Fish (e.g. canned tuna or fresh fillets)
- Lean Meats (e.g. chicken or turkey breast, lean ham, etc.)
- Eggs
- Tofu Products (veggie burgers, veggie dogs)
- Hummus
- Nuts and Seeds (e.g. sunflower)*



* check with your school

Combination Foods

Food choices don't always fit neatly into one food group. Here are some ideas of healthy choices that fit into multiple food groups:

- Baked potato with topping (e.g. cheese, cole slaw, chili, egg salad, salsa, sour cream and chives, broccoli and cheese, tuna salad, etc.)
- Soup and sandwich (remember to use whole wheat breads or try a wrap sandwich—kids love them!)
- Salads (use a combination of veggies, fruits, chopped chicken or ham, hard boiled egg, nuts, seeds, or anything)
- Snack mixes of cereal and dried fruit with nuts and seeds (caution around nut allergies)
- Crackers and topping (e.g. soda crackers, triscuit®, melba toast, or graham wafer with cheese, jam, apple butter, peanut butter—caution around nut allergies)
- Pizza with cheese and veggies (limit processed meats like pepperoni, salami, bacon, etc.)



Let's make the healthy choice the easy choice!

Contact the Healthy Eating Alliance at
902-368-6713 or
pccharlton@ihis.org

**Healthy Kids:
How your school
can help promote
healthy eating**



Prince Edward Island
hea
Healthy Eating Alliance

January 2004

What's Good to Eat?

Schools have a unique role in guiding children towards healthy lifestyle choices. The foods available at school can set a standard. There are




plenty of foods that are healthy, taste great, and are loved by students. Here are some ideas of foods that are easy to prepare and sell well in schools. The suggestions have been sorted based on the four food groups of Canada's Food Guide to Healthy Eating: 1) Grain Products, 2) Vegetables and Fruit, 3) Milk Products, 4) Meat and Alternatives.

What facilities do you have and what do you need?

Each school has its own method of dealing with food service. Some schools will have ample storage space, refrigeration units, and preparation areas. Some schools have canteens, vending machines, cafeterias, school store, or a food cart. When choosing foods for sale at your school you will need to consider what facilities you have available.

Grain Products



There are plenty of healthy grain products on the market. Grain products are usually well liked by students. Children need between 5-12 servings per day. Emphasis should be placed on whole grains and lower fat grain products. Here are some great choices to stock in your school:

- ◆ Bread sticks
- ◆ Rolls 
- ◆ Bagels
- ◆ Pita bread
- ◆ Tortilla shells 
- ◆ Pretzels
- ◆ Ready-to-eat low-sugar cereal
- ◆ Air-popped or low-fat microwave popcorn
- ◆ Rice cakes or rice chips
- ◆ Muffins (high fibre, lower fat) 
- ◆ Crackers
- ◆ Cereal bars

Some grain products may contain trans fats which have been linked to an increased risk of heart disease. Trans fats will be listed on Canada's new nutrition label. In the meantime look for the words "hydrogenated vegetable oil or shortening" which indicate the food contains trans fats. To find out more about trans fats check out the Canadian Food Information Council website (<http://www.cfic.ca/pdf/transfattyacids.pdf>) or talk to a dietitian.

Vegetables and Fruits

Vegetables and fruits are very important for children because they are packed with nutrients that children need for growth and development. Here are some ideas for vegetables and fruits that children will want to gobble up:

- ⇒ Fresh vegetable sticks and dip
- ⇒ Salads 
- ⇒ Fresh fruit
- ⇒ Canned fruit
- ⇒ 100% fruit or vegetable juice 
- ⇒ Raisins and dried fruit
- ⇒ Applesauce or applesauce blend products (plain or flavoured)
- ⇒ 100% fruit juice popsicle (as a yummy treat)

Presentation is key in getting children to eat vegetables and fruits. Children will be more willing to choose vegetables and fruits if they are presented in an attractive, fun manner.