



SEPTEMBER 2020 | UBC ACTIVE KIDS

September Newsletter

Back to School...And Back to Packing Lunches!



WHY IS A PACKED LUNCH A GREAT IDEA?

Packing a lunch can ensure your child is getting the nutrients they need to support their physical & mental health! Studies have shown that nutrient deficiencies can directly impact a child's ability to learn and retain new information, and can also result in decreased productivity in school-aged children (Tugalt-Lafleur, Black & Barr, 2018). Plan healthy meals for your children using the Canada food guide plate recommendations of $\frac{1}{4}$ protein, $\frac{1}{4}$ whole grain & $\frac{1}{2}$ fruits & vegetables!

Canada's Food Guide Plate



Packing a lunch also means you can minimize your children's consumption of packaged/processed foods that are high in refined sugars and are less nutritious. Ke & Lee Ford-Jones suggested that diets high in refined sugars could lead to behavioural issues such as short attention span and poor memory (2015). Packing a lunch is an awesome way of setting your child up for success in and outside of the classroom, plus it's budget friendly!

UBC Active Kids

FUN LUNCH IDEAS

Banana Sushi



- 1 banana
- 1 whole grain wrap
- 2 tbsp natural nut butter (or nut free alternative)
- 1 tsp honey or smear of nutella
- *optional: dash of cinnamon

1. Add thin layer of nut butter on one side of wrap
2. Add a smear of nutella or honey in the middle
3. Sprinkle cinnamon on top
4. Peel & place banana in centre of wrap
5. Roll wrap up around banana then slice into 1.5" sections (like sushi!)



Fruit & Veggie Skewers



- Strawberries
- Cantaloupe
- Pineapple
- Apple
- Blueberries
- Grapes



- Cherry tomatoes
- Bell Pepper
- Cucumber
- Broccoli
- Carrot
- Cheddar Cheese

1. Cut all fruit & veggies into small bite size pieces.
2. Cut cheese into small cubes
3. Add sliced fruit, veggies & cheese to toothpicks, or small wooden skewer!

***DF option for cheese=** pack a side of hummus or almond butter for your child to dip skewer into!