Health Hints

Hot and Cold Lunches

Lunchbox Tips:

- Pack a thermos and reusable containers to help keep our environment healthy.
- On a cold day, fill your thermos with soup, stew, pasta, chilli & rice or hot chocolate made with 2% milk.
- Cut up extra fruit & veggies when you're preparing dinner or cook extra food for lunch the following day.
- Add colour & crunch to your lunch - pack chopped red & green pepper strips, carrot sticks or try an Asian salad roll.
- Have fun with Kabobs; add roasted meat, cheese, fruit & veggies.

For more great ideas see "Lunches to Go": http://www.bced.gov.bc.ca/health/lunches_to_go.pdf

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