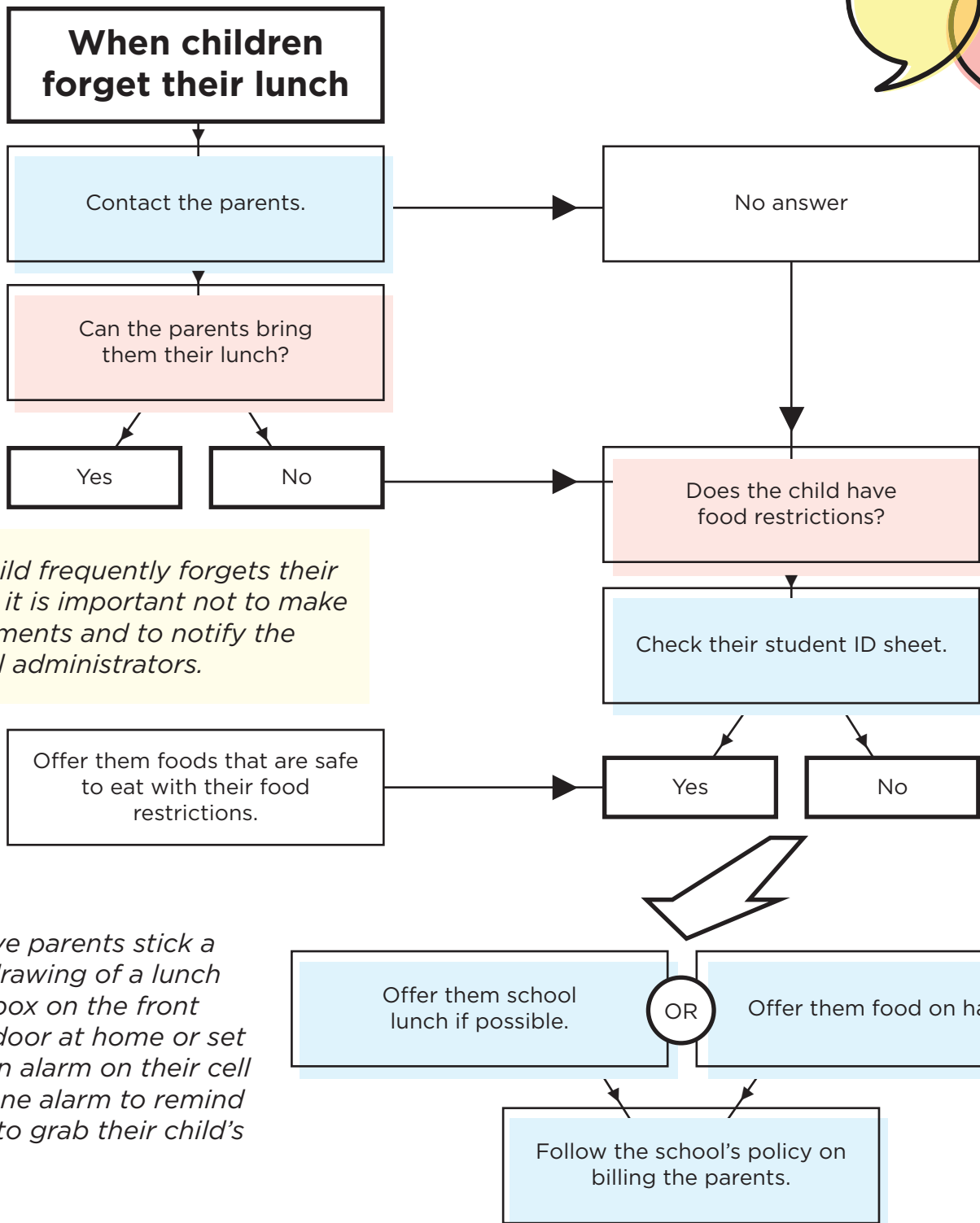
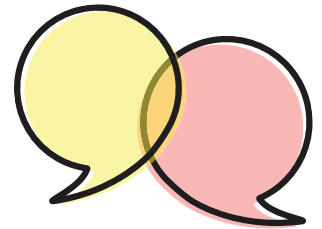


Procedure for forgotten lunches

We propose the following procedure to offer children safe, nourishing food if they forget their lunch. This must be adapted to work for your school and be approved by school administrators. It is important to tell parents at the beginning of the year about the school's procedure when children forget their lunch.



If a child frequently forgets their lunch, it is important not to make judgements and to notify the school administrators.



Have parents stick a drawing of a lunch box on the front door at home or set an alarm on their cell phone alarm to remind them to grab their child's lunch.

Foods to offer in a pinch

The goal is to keep a good stock of nourishing, inexpensive foods at home that don't require much preparation and are easy to store.

Pantry	In the refrigerator/freezer
<ul style="list-style-type: none"> ▶ Canned vegetables ▶ Juice or mixed vegetables that are low in sodium ▶ Canned fruit in water or juice ▶ Unsweetened fruit compotes 	<ul style="list-style-type: none"> ▶ Fresh vegetables (e.g., carrot sticks) ▶ Frozen fruits and vegetables
<ul style="list-style-type: none"> ▶ Low sugar breakfast cereals ▶ Low-salt crackers made primarily of whole wheat ▶ Cereal bars with no coating and little sugar ▶ Plain oatmeal packages 	<ul style="list-style-type: none"> ▶ Sliced whole wheat bread (can be frozen)
<ul style="list-style-type: none"> ▶ UHT milk (Grand Pré) ▶ Enriched soy milk (can be kept at room temperature if unopened) ▶ Canned chicken or tuna ▶ Pea or soy butter (alternative to peanut butter) 	<ul style="list-style-type: none"> ▶ Milk ▶ Yogurt cups ▶ Cheese ▶ Hummus (can be frozen in individual portions)

Keep these foods on hand and you will be able to offer children foods from all four food groups. For example, you can give them a cheese sandwich with vegetable juice, a fruit compote and a yogurt.



Frozen foods

Frozen meals are not ideal for children. The biggest problem: too much salt. Avoid giving them fried or cheese-based foods. If they lack veggies, add **fresh vegetables** with **yogurt** or **milk** so they have enough energy to get through the afternoon.

Choose cereal bars with at least 2 g of fibre and no more than 10 g of sugar and 1 g of saturated or trans fat per bar (around 30 g). They should contain no sweeteners.

Enjoy Life baked sunbutter bars are a good allergen-free choice. Selection brand cereal bars with strawberry or raspberry filling are certified peanut-free and meet the criteria to be considered a good choice. Kashi seven-grain bars with quinoa, honey, oats and flax seeds are also a good choice.

Choose breakfast bars with at least 4 g of fibre and no more than 15 g of sugar and 240 mg of saturated or trans fat per bar (around 55 g), e.g., Kashi crunchy cinnamon crunch bars, General Mills Multigrain Cheerios and Kellogg's Mini-Wheats.