

# Lunch Break

Eating a balanced lunch is important whether you pack your lunch, have it at home or eat out. A midday meal helps you get through the afternoon, increases productivity, boosts concentration and provides healthy nutrients. Shake up your lunch by choosing a variety of foods to add enjoyment to your meal.

## Vegetables and Fruit

## Protein

## Whole Grains



## Water

## Healthy Fats

Did you know?  
Many spreads and toppings add healthy fats to your lunch.

- Salad dressing
- Mayonnaise
- Soft margarine
- Olive or walnut oil
- Guacamole

## Vegetables and Fruit

Fresh, frozen or canned all are good choices.

- Save time with ready to eat vegetables and fruit like baby carrots, cherry tomatoes, berries or apples.
- Pack cut-up vegetables and dip for one-handed eating.
- Add grated or sliced vegetables to sandwiches and wraps.
- Have applesauce or canned fruit for a sweet finish to lunch.
- Include fresh, in-season fruit for dessert.

## Protein

Pack protein for a lunch with staying power.

- Avoid boredom by switching your sandwich fillings.
- Top salads with nuts and seeds.
- Pack quick proteins such as hard-boiled eggs or cheese.
- Include lower fat milk, yogurt, cheese or cottage cheese.
- Add drained canned beans to salad or pasta.

## Whole Grains

Whole grains fuel your brain and give you energy to tackle the afternoon jobs.

- Build sandwiches on whole grain bread or rolls.
- Serve soup, salad or chili with whole wheat rolls or crackers.
- Make a wrap or personal pizza with whole grain flatbread.
- Use whole grain pasta, brown rice or quinoa in a grain bowl.
- Try overnight oats for a new lunch option.
- Look for whole grain crackers.

## The Mighty Sandwich

Sandwiches are a classic lunch item and the ultimate in a portable meal. Get out of the sandwich rut with new ideas for grains and fillings.



- Peanut butter and sliced apple sandwich
- Chicken, lettuce, Caesar dressing in a tortilla
- Hummus, spinach, cucumber and feta cheese in a pita
- Tuna salad with grapes on a bagel
- Black beans, roasted vegetables and hummus in a tortilla
- Grilled tofu, barbecue sauce and coleslaw on a bun
- Taco filling on naan with chopped vegetables
- Turkey, cranberry sauce and Brie on a baguette
- Sliced steak, grilled peppers, sauerkraut on rye bread

### Prevent Foodborne Illness

Keep your lunch and snacks in a cooler with ice packs. Food heats up quickly in a hot cab.

### Other Lunch Ideas

Change your lunch routine and reduce food waste in your kitchen. Reheat last night's dinner for a quick meal or turn it into something entirely new.

- Pack leftover soup, pasta, Shepherd's pie or casserole in a thermos for a hot meal to go.
- Serve pizza with raw vegetable slices and a yogurt drink.
- Wrap extra stir-fry in your favourite flatbread.
- Load leftover meatballs and pasta sauce on a whole grain sub bun.
- Create a pasta salad with leftover pasta, meat, vegetables and salad dressing.
- Make a grain bowl with leftover rice, tomatoes, cucumbers, canned lentils, feta cheese and creamy dill dressing.

### Time Saver

Pack lunch the night before so it's ready to go in the morning.

## Leftovers

### Save



**Time**



**Money**



**The Planet**

Reduce food waste with a plan for leftovers.

### Lunch On The Road

Buying lunch on the road means ordering wisely to build a balanced and filling lunch. There are many healthy options.

- Visit a sandwich shop for a whole grain sub, pita or wrap filled with protein and lots of vegetables.
- Stop at a grocery store to pick up a salad, sandwich, wrap, sushi, soup or yogurt parfait.
- Check out a breakfast sandwich at the coffee shop.
- Order a grilled chicken burger, plain hamburger or chili at the drive-thru. Have a side salad or a small order of fries instead of a large one.

