

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.

