

Breakfast, Snack & Lunch Program Food Ideas

DURING COVID-19 CLASS SUSPENSION



TYPE OF PROGRAM

FOOD IDEAS

MEAL OR SNACK BAGS

Example of Program in Action: School staff and volunteers hand out lunch packages at a designated community center each day from 12:30-4:00 pm. Each bag contains a week's worth of lunches

Pre-packaged:

- fruit cups, applesauce, apple, orange
- granola bars, whole grain crackers, canned soup
- snack packs of hummus, tuna, or chicken and crackers, cheese strings, yogurt, yogurt drinks, milk

Prepared:

- wraps, sandwiches
- bagged baby carrots, snap peas, or other cut up vegetables
- bagged cereal, crackers, popcorn

FOOD BOXES

Example of Program in Action: A box of food delivered to student homes by school staff or picked up every two weeks

Can include items from non-perishable list below plus:

- fresh vegetables (low cost ideas: potatoes, sweet potato, carrots, cabbage, coleslaw) (or any frozen, if space is available)
- fruit (low cost ideas: apples, oranges, bananas) (or any frozen, if space is available)
- bread (can include bagels, wraps, buns, roti, naan, tortillas)
- milk (if fridge space is available)

PREPARED MEALS

Example of Program in Action: Hot lunches are prepared at school Monday-Friday. Drive thru or in-person pick up only between 11:00am-1:00pm

- soups, stews, casseroles
- wraps, burritos, sandwiches
- muffins, loaves, bread

NON-PERISHABLE ITEMS FOR PICK-UP

Example of Program in Action: Students choose food items weekly from outdoor library boxes

- canned fruit (including fruit cups, applesauce), canned vegetables, pasta sauce, canned soup
- oatmeal (including instant), dry cereal, dried pasta, rice, crackers
- canned or powdered milk, peanut or soy-butter, canned beans, chickpeas, lentils
- canned tuna or salmon
- bouillon cubes

WHERE TO GET FOOD FROM:

- Local grocery store. Look for online ordering for delivery or pick-up, you may need to book a spot in advance (you can continue making adjustments to your order before your order is finalized).
- If you have an existing relationship with your local grocery store - speak with them. If you have a culinary arts or human ecology food program they may already be working with a supplier or distributor.
- Consider reaching out to other potential community partners for food donations or volunteers (could include food banks or food cupboards, soup kitchens, restaurants, bakeries, service clubs, churches or faith-based organizations, family resource centers, friendship centres or band offices, local food producers/hubs).
- Larger orders - consider food supplier/distributor. Communicate with your local food banks or restaurants to discuss or coordinate suppliers.



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