

# ITEMS TO HAVE ON HAND FOR EMERGENCY LUNCHES

## THAT MEET THE MANITOBA SCHOOL NUTRITION GUIDELINES

Students may be at school without a lunch for a variety of reasons. Most schools have a plan in place to support those students. If there is no formal lunch program, having items on hand to prepare emergency lunches is a common approach. This resource will provide your school with ideas for foods to have on hand that will also support their nutrition and that meet the school nutrition guidelines.

### THINGS TO CONSIDER

- Some students may require a lunch at school frequently. It is important to include a variety of nutritious foods from Canada's Food Guide, including at least one vegetable or fruit, one whole grain food and one protein food. Including a wide variety of colours, textures, and flavours increases the variety of nutrients students receive.
- Prepare quick to grab items for the pantry, fridge and freezer. For example, cereal trail mix, sliced vegetables and fruit, pre-made sandwiches, wraps, muffins, or make extra portions from your breakfast or snack program. Investigate partnerships that could help with the preparation.
- Different kids need different amounts for a variety of reasons. Ask the student if they've received enough.
- Eating highly processed foods can increase the intake of sodium, sugars or saturated fat. Eating too much sodium, sugars or saturated fat can increase your risk of chronic disease. Aim to limit foods such as processed meats (E.g. sausages, hotdogs, ham, canned meat, deli meat), fruit gummies, sugar sweetened beverages, potato chips, frozen pizza products, instant noodle packs.

### LUNCH IDEAS

- Apple slices, cracker bag, Wowbutter portion for dipping and 250mL milk
- Vegetable packet, tuna and cracker packet and granola bar
- Peach cup, trail mix bag, muffin and cheese string
- Chili, slice of bread and yogurt cup
- Frozen blueberries, yogurt cup, granola packet and ½ bagel with sliced cheese

### EXAMPLES OF ITEMS TO HAVE ON HAND

PANTRY	FRIDGE	FREEZER
<ul style="list-style-type: none"><li>• Fruit cup or sauce</li><li>• Prepared bags of trail mix, cereal bags, whole grain crackers or rice cakes</li><li>• Tuna and cracker packets</li><li>• Raisin boxes or other dried fruit</li><li>• Salsa cups</li><li>• Granola bars</li><li>• Peanut or Wow butter (individual cups work well for grab and go)</li></ul>	<ul style="list-style-type: none"><li>• Sliced cheese or cheese string</li><li>• Yogurt drink, tube or cup</li><li>• 250mL milk</li><li>• Apple</li><li>• Orange</li><li>• Prepared bags of cut vegetables or fruit</li><li>• Hummus cups</li><li>• Hard boiled eggs</li></ul>	<ul style="list-style-type: none"><li>• Fruit</li><li>• Muffin</li><li>• Prepared egg/cheese breakfast sandwich</li><li>• Prepared soup/chili/stew</li><li>• Prepared bean, salsa, cheese burrito</li></ul>

