

SCHOOL LUNCHES MADE EASY



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BACK TO BASICS

Health and wellness are the priority for our community and schools. Parents and caregivers can still rely on 100% Canadian milk to nourish children and fuel their learning potential while at school.

SCHOOL LUNCH IDEA BANANA BREAD OVERNIGHT OATS

Makes: 1 serving

Ingredients:

1/2 cup (125 mL) rolled oats
1 tsp (5 mL) honey
1/4 tsp (1 mL) cinnamon
1/2 cup (125 mL) milk
1 banana
1/2 cup (125 mL) vanilla yogurt

Directions:

1. Find a 2-cup reusable container with lid. In the container, place oats in bottom, drizzle honey over top; sprinkle with cinnamon and pour in milk.
2. Peel and slice banana and add into container. (For something different, try replacing the banana with 1/2 cup (125 mL) of any cut fruit.)
3. Top container with yogurt. Cover tightly with lid; refrigerate overnight (or for 8 hours). Serve cold. Oats will last 3 days in the refrigerator.

For more ideas check out our recipe collection at www.dfpei.pe.ca



The School Milk
Program is courtesy of



YOUR SCHOOL'S COMMITMENT TO NUTRITION



The **School Milk Program** encourages students to develop the healthy habit of drinking milk by making it available at lunch and celebrating milk throughout the year as a nutritious choice.

Everyone plays an important role in the School Milk Program. The **school** makes cold refreshing milk available to students, **parents** help their children purchase milk, and **students** drink milk – a nutritional powerhouse to complete their lunch.

The benefits:

- Cold milk is available to students
- It's easy and convenient for parents
- It encourages life-long healthy eating habits

For more information about your school's Milk Program and how your child can drink milk at school, call the school milk co-ordinator at 902-628-9596.

PURCHASING MILK AT SCHOOL MEANS ONE LESS THING TO PACK!

To plan a school lunch (or any meal),

- offer one (1) or more items from each of the foods grouped below AND
- include a **bone building*** food to ensure the presence of calcium and protein, both needed for children to develop strong bones.

**foods highlighted in blue are good sources of calcium and protein.*

The key to a healthy eating pattern is variety!

The lunch box below shows some food ideas, but are not limited to these choices. Many nutritious foods also combine 2 or more options from the foods grouped below. Use these examples for inspiration.

