



## **Fuel well to learn well**

Nutrition ideas to fuel your child's  
body and mind

# **Choosing nutritious foods for your family builds a solid foundation for eating well.**

There's a lot involved in feeding a family..... read on for some easy ideas on how to get started!

## Table of Contents

Make breakfast a habit in your home .....	4
Beat the morning rush: Make-ahead and freeze breakfasts.....	5
Think outside the lunchbox .....	6
Mix it up!.....	8
Eco-lunch box ideas .....	10
Snack attack.....	10
Lunch box safety .....	12
Safe food practices .....	13
Recipes .....	14

Nutritious and delicious .....	14
Oatmeal pancakes.....	15
Banana muffins .....	16
Breakfast burrito .....	17
Black bean spread .....	18
Hummus .....	19
Chilled carrot-orange soup .....	20
Vegetable and bean soup with meat.....	21
Blueberry banana popsicles .....	22
Bone-building yogurt parfait .....	23
Funky monkey smoothie.....	23
Chicken rockets .....	24
Tortilla pinwheel.....	24
Apple of my eye baked chips .....	25
Big dipper dilly dip.....	25
Go nutty granola bars.....	26

## Make breakfast a habit in your home

Did you know that breakfast is for brain power? Breakfast helps children feel and do their best! It sets the stage for the day and provides children (and grown-ups!) with energy to learn and play well.

By creating a regular breakfast habit now, your child can carry these habits through Grade 12 and beyond.

Try to focus on breakfast foods that are rich in whole grains, fibre, and protein while low in added sugar.

Mornings can be very busy and some days making breakfast may feel impossible. Good news! It is totally okay to do what works for your family and make breakfast simple. It does not need to take a lot of time and it can be eaten sitting down or on-the-go.

While there are many benefits to sitting down and eating together as a family, doing this first thing in the morning may not always work for your family.

### TIP:

Kids are more likely to eat when they have some choices (but not too many!) about what to eat—for example let your kids pick the dried fruit and seeds to include in the granola.



Try these simple (and quick!) breakfast ideas:

- **Toasted whole grain bread** topped with peanut butter or no-nut butter and sliced banana.
- **Waffles** cut into sticks to dip in apple sauce.
- **Smoothies** made from yogurt, milk or 100% juice, banana, and a handful of frozen fruit of choice. Blend and serve.
- **Grilled cheese** made with whole grain bread and a hard cheese of your choice.
- **Leftovers** from last night's dinner.

## **Beat the morning rush: Make-ahead and freeze breakfasts**

- **French toast** – Make several slices of French toast at once and freeze. Simply heat when you're ready to eat. Once reheated, top with applesauce, or fresh, frozen, or canned fruit.
- **Pancakes** – Try making them different colours by experimenting and adding different fruits to the batter! See **page 15** for recipe
- **Whole grain muffins** – Make full sized or mini muffins. See **page 16** for recipe
- **Oats** – Make extra (or try overnight oats) and freeze into single serving sizes. Simply heat when you're ready to eat and enjoy with some milk, dried fruit and nuts.
- **Breakfast burritos** – Wrap scrambled eggs in a whole grain tortilla with shredded cheese and diced veggies of your choice. Wrap in foil and freeze. Remove the foil beforehand- and simply heat when you're ready to eat. See **page 17** for recipe.

### **TIP:**

Fluids are important to keep your body hydrated! Start your day with water or milk.

## Think outside the lunchbox

Fun, nutritious, delicious...you can have it all when it comes to helping your child eat well at school! In addition to filling up a growling tummy, it contributes to a solid foundation of good nutrition for your child. It provides enough energy to keep them going throughout the day no matter how active they get!

Work together with your child to decide on foods that can be included in their lunch bag - while keeping it tasty and convenient! Consider your child's preferences when making selections.

- 1. Ask them!** Give them the final say among a few choices. "Do you want a pear or grapes today?" "Milk or orange juice?" "Whole grain bread, a bun, or a wrap?"
- 2. Get creative.** Try including lots of bright colours. Make different shapes by using cookie cutters or create a fun design or animal.
- 3. Lunch deconstructed!** Some kids just enjoy crackers on their own, or they prefer a piece of fruit instead of fruit salad. Try putting the components of their lunch separate in their container to let them have more control over what they choose to eat.
- 4. Kids love fun containers.** Take your child to the store and let them pick some out. Consider a fun lunch bag or a water bottle with their name on it.
- 5. Keep a grocery list.** Include your child when planning your grocery list. That way there will be a variety of foods at home that they can choose from.
- 6. Allow kids to have some fun foods.** Add a special food - perhaps a cookie or dessert they helped bake at home. Remember: these foods should not be considered 'forbidden' or 'bad.' It's important for children to develop a relationship with all types of foods. The goal is to help children learn to be matter-of-fact about food and teach them to be relaxed about eating.
- 7. Get kids in the kitchen.** Children who help out in the kitchen and help with food preparation are more likely to enjoy what they make.

## Mix it up!

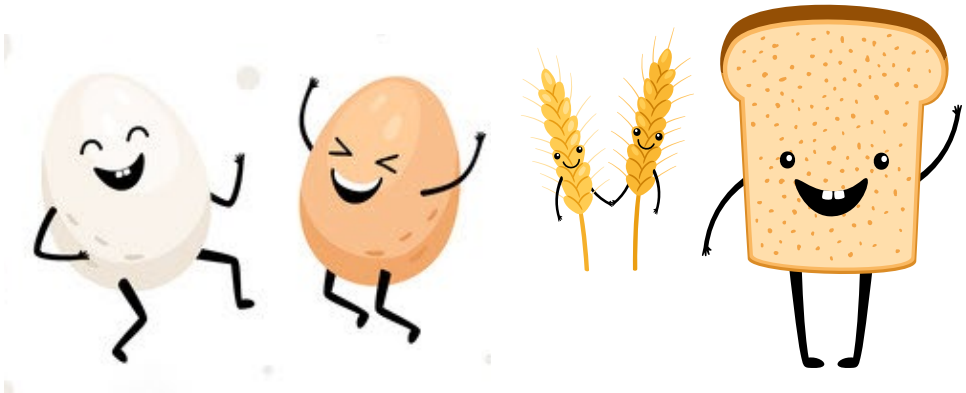
Here are 5 easy steps to creating a school lunch!

### 1. Choose your source of protein

- Lean meat (chicken, turkey)
- Eggs
- Fish
- Beans
- Hard cheese cut into cubes, sticks, or other fun shapes
- Yogurt in spoon-able, drinkable or squeezable containers.  
(Consider buying a larger container and portion out into reusable containers)
- Fruit smoothie
- Bone Building Yogurt Parfait\*

### 2. Choose your bread or grain product

- Whole grain bread
- Tortilla wrap
- Soft taco
- Whole grain crackers
- Pasta salad
- Rice
- English muffin



### 3. Choose your fruits and veggies (cut them up and include a dip!)

- Red/green/yellow pepper strips with Hooray hummus\*
- Orange/apple/pear slices with yogurt dip
- Canned fruit cocktail or peaches
- Unsweetened applesauce
- Fruit kabobs
- Grapes

### 4. Choose your beverage

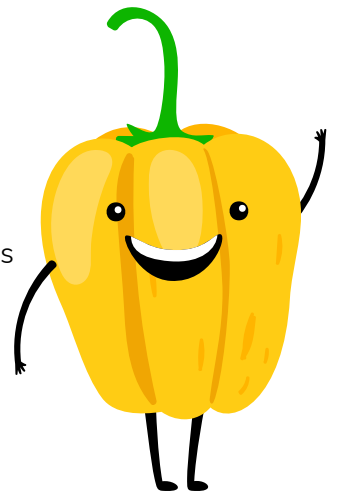
- Water with slices of orange, lemon or lime in a fun water bottle
- White milk
- Chocolate milk
- Fortified soy milk
- Funky Monkey Smoothie\*
- Hot chocolate made from milk and cocoa powder.

### 5. Don't forget a fun food!

- Yogurt dipped frozen strawberries
- Go Nutty Granola Bars\*
- Yogurt covered pretzels
- Apple of my Eye Baked Apple Chips\*

#### TIP:

Keep a list of your child's favourite foods for school meals on the fridge to spark ideas. Add new items as you experiment with different foods and recipes.





## Eco-lunch box ideas

To reduce waste and save money, look for **reusable** items such as:

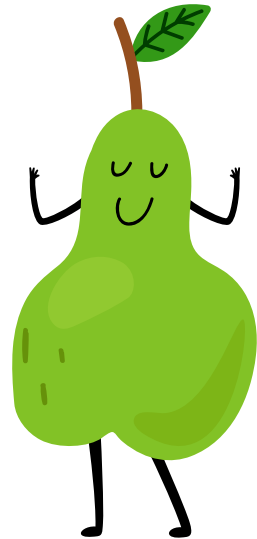
- Sandwich and snack bags (e.g., fabric, silicone)
- Food wrap (e.g., beeswax, silicone wrap cover lids)
- Lunch box or tote (e.g., metal or Bento boxes)
- Water bottle (e.g., stainless steel)
- Insulated food jars, reusable yogurt container, or mason jars
- Buy bulk and pack snacks and meals at home (e.g., slice cheese and put with crackers vs. buying individually wrapped cheese strings)

## Snack attack

Snacks are an important part of a child's day. Children need to snack throughout the day to stay active, learn well and keep growing. During and after a busy school day, children need snacks to bridge the gap between meals. A snack should pack lots of fuel in a quick tasty bite.

Here are some “snackalicious” choices:

- **Nutty pears:** Slice a pear into wedges. Spread peanut butter or no-nut butter on each wedge and dip into granola and dried fruit.
- **Dipped strawberries:** Dip strawberries into greek yogurt. Place on a wax-paper-lined baking sheet and freeze.
- **Fruit sushi:** Cover a tortilla wrap with peanut butter or no-nut butter, and banana slices. Cut into ‘sushi’.
- **Apple donut:** Slice an apple and cover with peanut or no-nut butter, cream cheese, or jam. Top with a variety of different ‘sprinkles’.



- **Crispy bananas:** Take chunks of banana and smear with peanut or no-nut butter. Then roll in crispy rice cereal.
- **Fried bananas:** Slice banana and ‘fry’ in frying pan with honey. Dust with cinnamon.
- **Apple wraps:** Place a slice of apple and a slice of cheese on top of a slice of ham. Roll and cut.

### TIP:

Let your kids experiment with making trail mix. Give them the raw ingredients, and let them mix and match to discover their favourite combination.

## Lunch box safety

Foodborne illnesses can arise if food is not prepared and stored safely. Read on to learn how to keep food bugs out of the lunch box.

### Start with the basics:

- Wash your hands for at least 20 seconds, with warm soapy water before preparing lunch.
- Teach your children to wash their hands before eating lunch.
- Sanitize your countertops to prevent germs from spreading onto food.
- Clean your child’s lunch box.

### TIP:

The Canadian Food Inspection Agency suggests the following for a bleach sanitizer for countertops and utensils: Combine 1 tsp of bleach with 3 cups of water in a labelled spray bottle. After wiping your countertop, spray with sanitizer and let stand briefly. Rinse with lots of clean water and let air dry.

## Safe food practices

- Keep cold food cold and hot food hot. Foods such as ready-to-eat meats, eggs, mayonnaise, yogurt or milk need to be kept cold to stay safe (below 4°C). Foods such as soup, chilli, or stew must be kept hot (above 60°C) to stay safe.
- Practice safe storage at home. Keep ready-to-eat meats, fruits and vegetables separate from raw meats in your refrigerator.
- If a microwave is available at school, send your child's food cold and teach your child how to safely use a microwave to heat their food.
- Throw away all perishable leftovers that return home.
- Wash raw vegetables and fruit thoroughly before you prepare and eat them.
- If lunch is prepared the night before, keep it in the refrigerator and add the ice pack in the morning before your child leaves for school.

## Safety tips

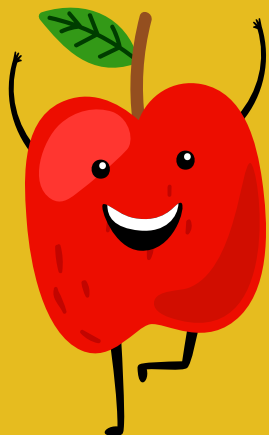
- Frozen 100% juice boxes can double as an ice pack to keep foods cold.
- Encourage your child to keep his or her lunch box in a cool place in the classroom, away from the radiator or direct sunlight.
- Encourage your child to keep their thermos closed until lunch time.

## Lunchbox equipment

- The best choice is an insulated lunch bag.
- Invest in a good quality wide mouthed thermos for sending soups, stews or heated leftovers.
- Use a small ice pack or freezer gel pack.

### TIP:

Fill the thermos with hot water and let stand for a few minutes then empty and fill with your hot food and close right away.



# RECIPES



## Nutritious and delicious breakfast granola

This recipe is fast, easy, and makes a great start to the day or a quick snack.

- 1 cup large-flake oats, rye flakes or barley flakes
- 1 cup dried fruit, e.g., apples, raisins, cranberries, dates, figs
- ½ cup unsweetened coconut
- ½ cup seeds, e.g., pumpkin, sunflower
- ½ cup nuts, e.g., almonds, walnuts, peanuts, pecans
- sprinkle of cinnamon and nutmeg
- milk or vanilla yogurt

1. Toast oats in the oven at 350°F for 10 mins.
2. Mix together in a large container with a lid for storage. When ready to eat, take what you like and top with milk or yogurt.

### TIPS:

- Add fresh fruit such as bananas or diced apples.
- Try different flavoured yogurt.
- If you're crunched for time — eat it in the car on the way to school, just grab a spoon!

## Oatmeal pancakes

Makes about 18 medium pancakes

- 1 ½ cups rolled oats
  - 2 cups milk
  - 1 cup all-purpose flour
  - 2 Tbsp brown sugar
  - 2 Tbsp baking powder
  - ¾ tsp salt
  - 2 eggs
  - ¼ cup vegetable oil
1. Mix rolled oats and milk in a small bowl. Set aside until milk is almost absorbed, about 5 minutes.
  2. In a large bowl combine flour, brown sugar, baking powder and salt. Stir well.
  3. Add eggs and oil to oat mixture. Beat well.
  4. Add oat mixture to flour mixture all at once, mixing until smooth.
  5. Heat and lightly grease a skillet. Pour about ¼ cup batter for each pancake onto skillet and cook each pancake until edges become dry and surface is covered with bubbles. Flip pancake and cook until second side is golden brown.

### TIPS:

- Replace some of the flour with whole wheat or other flour to increase fibre and create a nuttier taste.
- Top pancakes with flavoured yogurt and thawed frozen berries for a great afternoon snack.
- Try this batter in the waffle maker.
- Double the recipe and freeze extras for breakfasts, lunch and snacks throughout the week.

## Banana muffins

Makes 12 muffins

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- 2 ½ tsp baking powder
- ¼ tsp baking soda
- ¾ cup rolled oats
- ¼ cup lightly packed brown sugar
- ½ cup white sugar
- 2 medium, ripe bananas
- 1 egg
- ½ cup milk
- 3 Tbsp non-hydrogenated margarine, melted



1. Preheat oven to 375°F
2. Combine flours, baking powder and baking soda in a large bowl and stir in oats, sugar and brown sugar. Set aside.
3. Mash bananas in a medium bowl. Add egg, milk and melted margarine. Mix well.
4. Stir banana mixture into the dry ingredients until blended. Do not over mix.
5. Lightly grease 12 large muffin cups. Put the muffin batter into the muffin cups.
6. Bake in oven until tops are firm when lightly touched with your finger, about 18–20 minutes.
7. Remove muffins from the tin and cool.

### TIPS:

- Try mini muffin cups, they can be more appealing to kids!
- Fresh milk can be replaced with prepared skim milk powder.

## Breakfast burrito

This burrito is another great breakfast to eat on-the-go. A burrito also makes a great lunch. Just pop it into a wide mouth thermos to keep it warm.

- 1 whole wheat or flavoured tortilla
- 1–2 eggs, scrambled and cooked
- ¼ cup shredded cheese, e.g., cheddar, mozzarella, swiss or gouda
- Black beans, tomatoes, salsa, green pepper, mushrooms (optional)

1. Scramble eggs in frying pan, add optional ingredients.
2. Place eggs on tortilla and top with cheese and optional ingredients.
3. Fold in bottom, then sides of the tortilla.

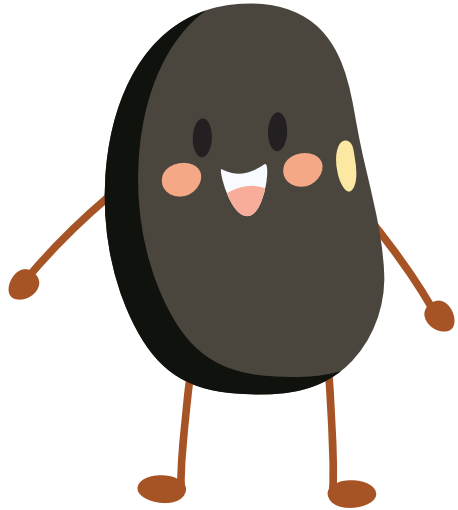




## Black bean spread

- 2 cups black beans
- ½ cup olive oil
- 2 Tbsp lime juice
- ¼–½ tsp cayenne pepper
- 1 tsp garlic powder
- Salt, pepper to taste

1. In a food processor or blender, add beans and pulse until beans are well chopped up.
2. Turn food processor on to run continuously and slowly drizzle in olive oil.
3. Add spice and lime juice and blend well.
4. Taste and adjust salt and pepper if needed.
5. Process until the spread is smooth and has a lighter look to it, about two minutes.
6. Use as a dip for vegetables or as a spread for sandwiches.

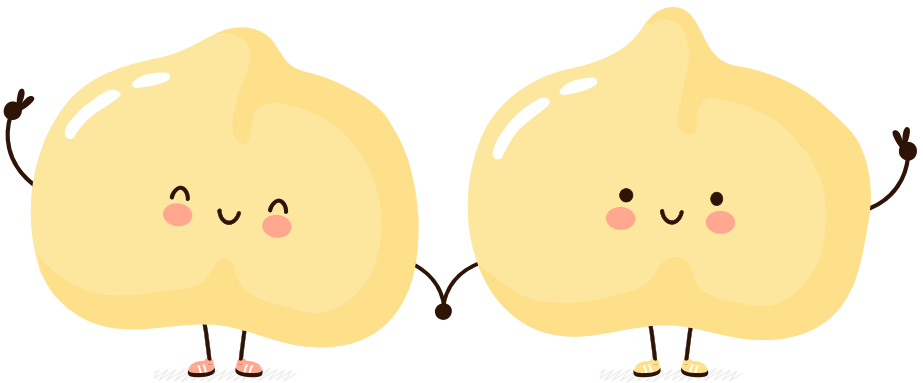


## Hummus

This is a simple version of hummus made without tahini.

- 1–19 oz can chickpeas
- ¼ cup olive oil
- 1 Tbsp lemon juice
- 1 tsp cumin
- 1 clove garlic
- ½ tsp salt

1. In a food processor, blend all ingredients together until smooth.
2. Use as a dip with vegetables or pita bread, or in sandwiches.



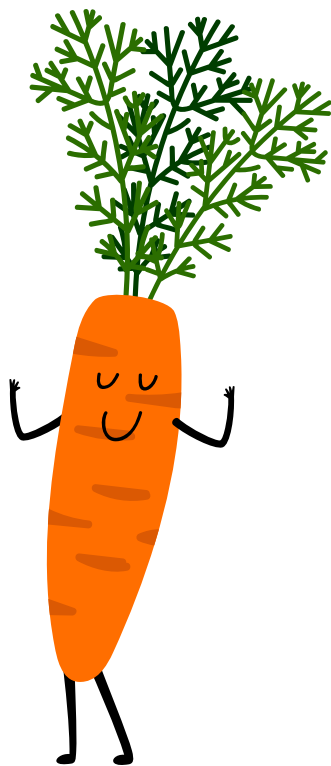
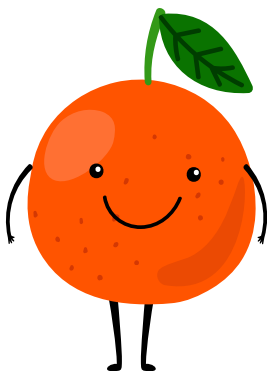
## Chilled carrot-orange soup

- 1 Tbsp margarine
- 1 medium onion, chopped
- 5 carrots, thinly sliced
- 2 cups chicken broth
- ½ cup orange juice
- Salt and pepper

1. Melt butter or margarine in a saucepan over medium heat.
2. Add onion, cook until soft. Add carrots, broth, orange juice, salt and pepper. Cover and cook until carrots are very tender, about 20 minutes.
3. Puree, chill and serve.

### TIP:

- Sprinkle with fresh or dried dill.
- Chicken broth can be purchased already in liquid form or use chicken bouillon—use 1 tsp or 1 cube of chicken bouillon for each cup of water.



## Vegetable and bean soup with meat

- 12 oz lean ground beef, moose or caribou
- 2 tsp minced garlic
- ½ cup chopped onions
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup chopped zucchini
- 1 tsp dried basil
- 1 bay leaf
- 6 cups beef stock
- 1–28 oz can whole or diced tomatoes
- ½ cup macaroni (or any other small pasta)
- 3 cups fresh chopped spinach
- 1–19 oz can mixed beans, rinsed and drained

1. In a large saucepan, brown meat over medium-high heat.
2. Add garlic, onions, carrots, celery and zucchini; cook for 5 minutes.
3. Add basil, bay leaf, stock and tomatoes; bring to a boil.
4. Reduce heat and simmer, covered, for 10 minutes.
5. Add pasta; cook for another 5 to 6 minutes.
6. Add spinach and beans; cook for another 3 to 4 minutes.
7. Remove bay leaf before serving.

### TIPS:

- Try adding different vegetables — experiment with whatever you have in your kitchen.
- Frozen vegetables are just as nutritious as fresh vegetables and work well in this soup.
- Frozen spinach should be thawed and drained before adding to the soup.

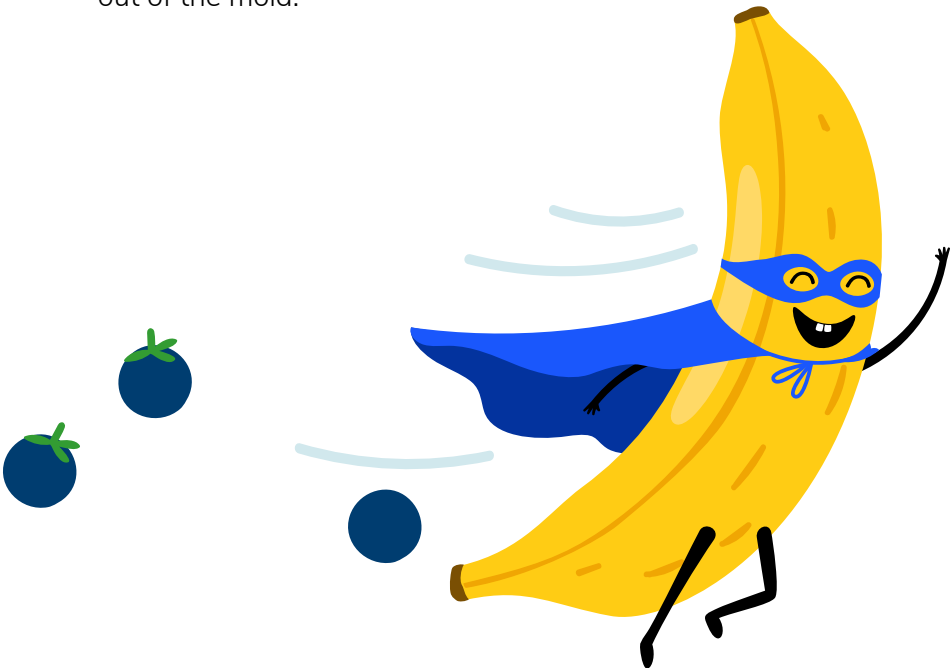
## Blueberry banana popsicles

- 3 ripe bananas
- 1½ cup plain yogurt
- 3 Tbsp sugar
- Juice from ½ lemon, or 1 Tbsp bottled lemon juice
- 1 cup fresh or frozen blueberries

1. Puree bananas in a food processor or blender until smooth.
2. Add yogurt, sugar, lemon juice and blueberries until just combined.
3. Pour mixture into popsicle molds and place cover on top.
4. Freeze until frozen, about 8 hours.

### TIPS:

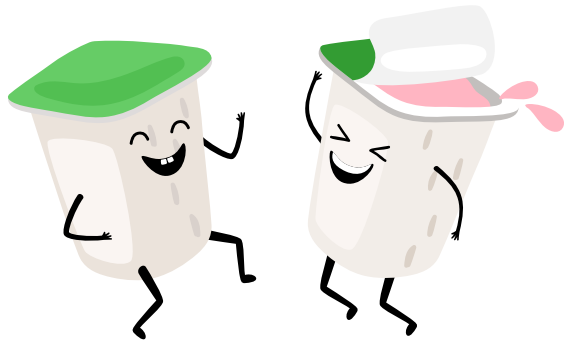
- Experiment with other kinds of frozen berries.
- Dip molds quickly in hot water to make it easy to get the popsicle out of the mold.



## Bone-building yogurt parfait

- ½ cup yogurt (any flavour)
- ½ cup canned peaches (canned in water), drained
- 1 tablespoon granola

1. Spoon half of the yogurt into a glass or desert bowl.
2. Top with half the fruit. Repeat layers.
3. Sprinkle with granola.



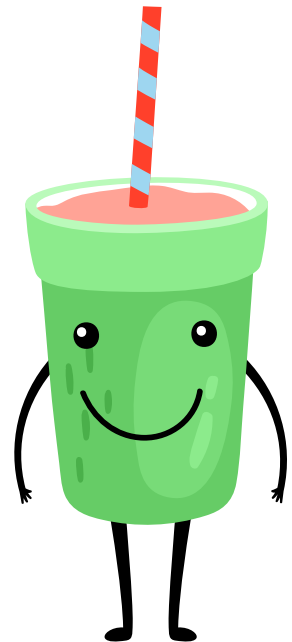
## Funky monkey smoothie

- ½ cup yogurt (any flavour)
- ½ cup milk or 100% juice
- 1 banana
- ½ cup chopped fruit (fresh or frozen)
- ½ cup ice cubes (if using fresh fruit)

1. Mix in blender and serve.

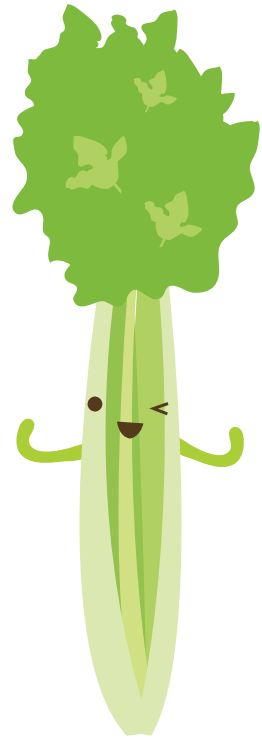
### TIP:

- For an extra boost try adding a spoonful or two of a nut butter or no-nut butter



## Chicken rockets

- 2 teaspoons lemon juice for apples
  - Cubed cooked chicken
  - 2 unpeeled apples, cored
  - Cubed raisin bread
  - Celery stalks, cut diagonally into thin slices or another vegetable of choice
  - Red seedless grapes
  - Wooden skewers
1. Cut apples into wedges and toss with 2 teaspoons lemon juice.
  2. Alternate threading chicken, bread, fruits and vegetables on skewer.
  3. Dip in your favorite dressing.

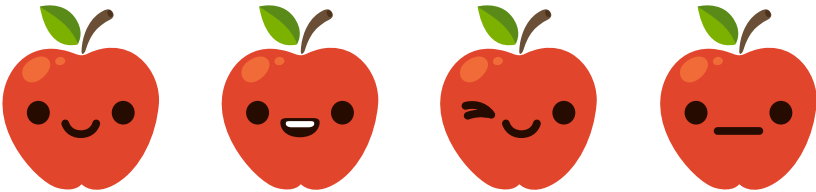


## Tortilla pinwheel

- Whole grain tortilla wrap
  - Banana
  - Cream cheese or peanut butter
  - Dried cranberries, raisins or other fruit
1. Spread tortilla with cream cheese or peanut butter.
  2. Top with sliced banana and sprinkle with dried fruit.
  3. Roll and serve.

## Apple Of My Eye Baked Chips

- 1 apple
  - ¼ teaspoon cinnamon
1. Preheat oven to 225°F.
  2. Core apple and slice thinly.
  3. Line 1-2 baking sheets with parchment paper and spread out the apple slices in a single layer.
  4. Sprinkle lightly with cinnamon.
  5. Bake for one hour, flip apple slices over, and continue to bake for another hour. Remove slices from the oven and let cool completely.



## Big Dipper Dilly Dip

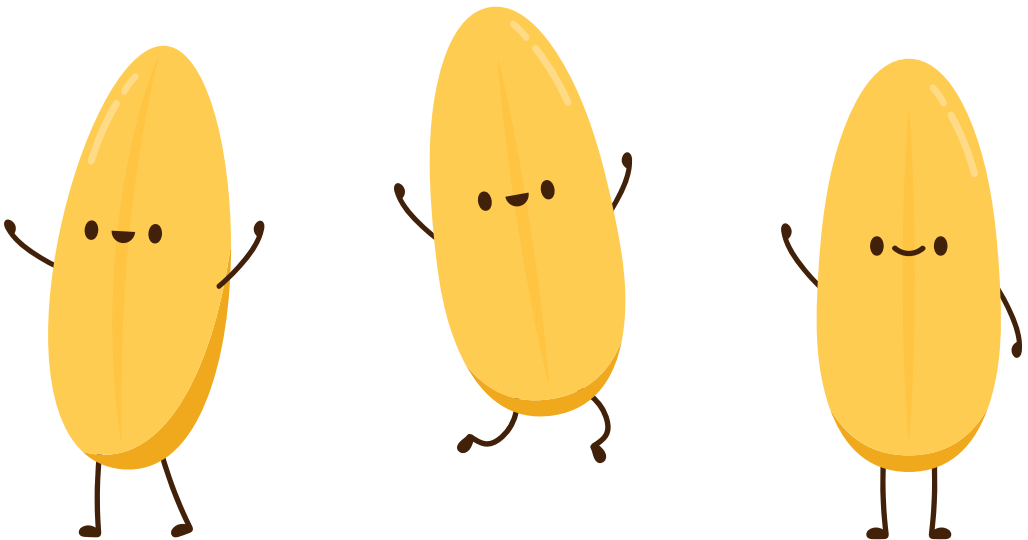
- 1 cup cottage cheese
  - ½ cup plain yogurt
  - ½ teaspoon onion powder
  - ¼ teaspoon dried dill weed
  - ¼ teaspoon lemon juice
  - Pinch pepper
1. Mix together cottage cheese, yogurt, lemon juice and spices in a bowl. Serve with your favorite vegetables.



## Go Nutty Granola Bars

- $\frac{3}{4}$  cup rolled oats (not instant)
- $\frac{1}{4}$  cup flaked almonds
- $\frac{1}{4}$  cup raisins
- 2 tablespoons chocolate chips
- $\frac{1}{3}$  cup sweetened condensed milk
- 1 tablespoon non-hydrogenated margarine or butter

1. Preheat oven to 375°F.
2. Grease baking pan or sheet generously with margarine or butter.
3. Combine all ingredients in a mixing bowl – the ingredients will be stiff.
4. Using waxed paper in your hands, press mixture evenly onto baking sheet.
5. Bake for 20 minutes until golden brown. Cool for 10 minutes. Cut into 16 bars.





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