

Are you looking for a healthy lunch that will help your child grow and learn, that is easy to prepare and inexpensive...

...try a homemade  
**“LOVABLE LUNCHABLE”**

- ☺ Use a sectioned, reusable container to separate each item
- ☺ Try sliced meat such as chicken, turkey or beef or some cheese cubes
- ☺ Add your child’s favourite raw vegetables and a low fat dip
- ☺ Add a piece of fresh fruit and unsalted, whole grain crackers to complete the lunch
- ☺ Invite your child to help prepare the “lovable lunchable”
- ☺ Add a fun surprise like a sticker, eraser or special note

Prepackaged lunchables are high in saturated fat, salt and nitrates. They are also low in fibre and often high in sugar.

Try a “lovable lunchable” for a tasty, healthy, more affordable alternative that is also better for our **environment**.



**Cost Comparison:**

Prepackaged lunchable	Homemade “lovable lunchable” (Sliced meat, crackers, cheese, fruit and vegetable)
\$4.49 + tax= \$5.07	\$3.00 (add a carton of milk at school and total cost = \$3.50)

