

# Make Healthy Lunch a Habit

## Pack your lunch

- Plan ahead- Make extra at supper so you have leftovers for lunch. Try this [Slow Cooker Stew](#) recipe.
- Change your lunch- Make sandwiches using whole grain buns, small bagels, wraps, pitas, or crackers.
- Get your children involved. They are more likely to eat their lunch when they help plan and prepare it.



For recipes see [Inspiring Healthy Eating](#) at [healthyeatingstartshere.ca](http://healthyeatingstartshere.ca).

# Make Healthy Lunch a Habit

## When Eating Out

- Select a smaller portion.
- Pick steamed, baked, grilled, or poached items.
- Choose vegetables instead of fries.
- Reduce the amount of sauces, condiments, and dressings.



For more tips see [Eating Out the Healthy Way](#)