

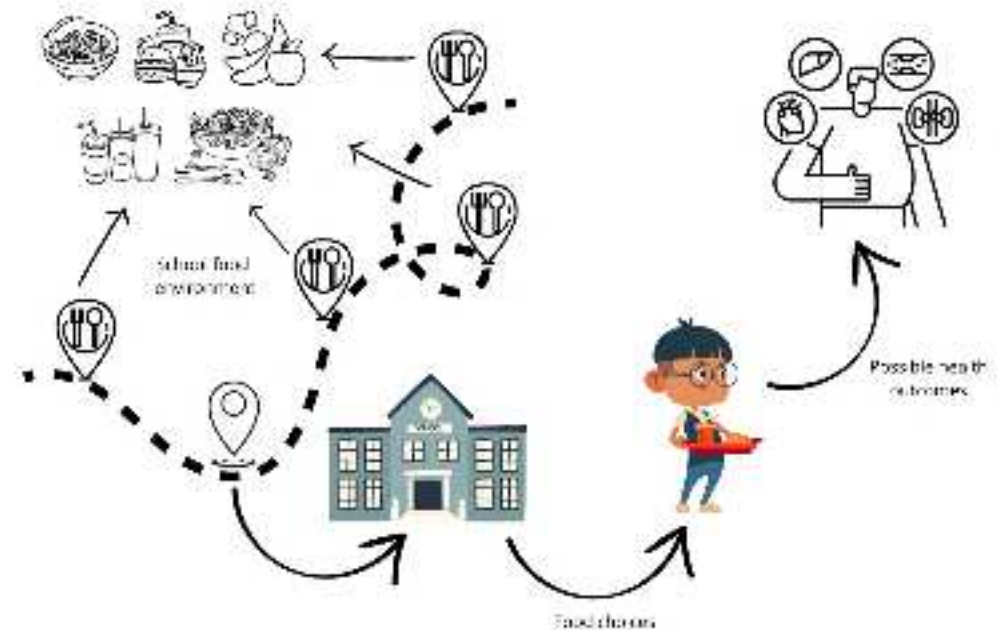


**SUPPORTING  
HEALTHY EATING  
ASA**

Information for Parents and  
Caregivers

# HEALTHY SCHOOL FOOD ENVIRONMENT

- ✓ Children and youth spend a large part of their day at school, it is important for them to have opportunities to have healthy foods and drinks while they are here. This helps them build a foundation to eat well for life, improving overall health and academic success.
- ✓ Parents play an important role in supporting the health and well-being of children and adolescents at home and at school.
- ✓ These guidelines are a tool for parents and caregivers to equip them with the knowledge and skill to support increased access to nutritious foods and drinks at school, and to reduce the amount of highly processed foods.



# Start Simple with MY PLATE

- ✓ Half your plate with fruits and vegetables, these are foods which provide important nutrients for health including vitamins, minerals, and fiber.
- ✓ Quarter your plate with whole grains, which have dietary fiber that helps kids feel full and can prevent and treat constipation. Eating a diet rich in whole grains also might decrease the chances of getting heart disease and diabetes.
- ✓ Quarter your plate with protein, which helps the body build and maintain muscles, skin, blood, and other tissues of the body. They also have important vitamins and minerals, like iron.
- ✓ Include dairy, especially for breakfast, which provides calcium, protein and vitamin D.



# Eat A Variety Of Foods From Each Food Group

Fruits	Vegetables	Starches	Protein	Dairy
<ul style="list-style-type: none"><li>- Whole fruits</li><li>- 100% fruit juices</li></ul>	<ul style="list-style-type: none"><li>- Dark Green</li><li>- Red and Orange</li><li>- Yellow and purple</li><li>- Fresh or frozen</li></ul>	<ul style="list-style-type: none"><li>- Whole grains</li><li>- Refined grains</li><li>- Cereals</li><li>- Starchy vegetables</li><li>- Legumes</li></ul>	<ul style="list-style-type: none"><li>- Seafood</li><li>- Meat, Poultry, and Eggs</li><li>- Nuts, Seeds</li><li>- Beans, Peas, and Lentils</li></ul>	<ul style="list-style-type: none"><li>- Milk</li><li>- Yogurt</li><li>- Cheese</li></ul>



# Tips For Packing Healthy And Safe Lunch & Snacks

- ✓ Plan ahead
- ✓ Get kids involved in planning, cooking and packing their lunches and snacks.
- ✓ Use a **thermos** to help keep hot foods hot.
- ✓ Use an **insulated lunch bag** and a freezer pack to keep cold foods cold.
- ✓ Wash fresh vegetables and fruits.
- ✓ Not all food that comes home in the lunch bag can be reused. Leftover sandwiches, hot foods, milk, yogurt and cheese are not safe to eat another day so don't repack those foods. Also do not reuse wrappings.
- ✓ Wash reusable beverage and food containers with soap and hot water.



Favorite Lunch & Snack Gear for Kids





# Focus On Whole Fruit

- ✓ **Include fruit at breakfast:** Top cereal with your favorite seasonal fruit, add bananas or chopped apples to pancakes, or mix a spoonful or two of raisins or dry fruits into hot oatmeal.
- ✓ **Take fruit on the go:** Fruits like oranges, bananas, grapes, and apples are great portable snacks.
- ✓ **Enjoy fruit as a snack:** Eat whole fruits, top-up a yogurt or bring a fruit salad.
- ✓ **Add fruit at lunch:** Chop up a combination of tropical or seasonal fruits to make a fruit salsa to top fish or chicken, or add fruit like orange sections, apple wedges, grapes or pineapple to a tossed salad.

# Vary Your Veggies

- ✓ **Start your day with vegetable:** add cooked, shredded vegetables an omelet or wrap. Add shredded carrots, lettuce or spinach and tomato to a sandwich.
- ✓ **Try a stir-fry vegetable:** for extra crunchiness stir-fry vegetables like carrots, peas, greens, peppers, mushrooms, shredded cabbage, cauliflower or broccoli. Add them to pasta, rice or wrap.
- ✓ **Add variety to salads:** eat fresh salad and vary the leaves, pop with colour and flavour by adding corn, cucumber slices, diced onions or peppers.
- ✓ **Take vegetables on the go:** carry along carrots sticks, cherry tomatoes, slices of cucumber, sugar peas and enjoy with a deep or sauce such as a salty yogurt sauce.





# Vary Your Protein Routine



- ✓ **Start your day with protein:** always include a protein option by varying the way you cook the eggs. Enjoy yogurt with granola or cereals or a cheese sandwich.
- ✓ **Include protein in your snack:** try peanut butter with apple slices or with crackers, peanuts with grilled banana bread (traditional Angolan snack). A hard-boiled egg. Cheese with crackers. Unsalted nuts and seeds mix, which can also be added to a yogurt.
- ✓ **Get creative with beans, peas, and lentils:** stir-fry with onions and add to a salad, boiled in tomato sauce and served with rice or pasta, make deep for vegetables and pure to eat as a side.
- ✓ **Have fish or seafood at least twice a week.** Make a lunchtime sandwich or salad with canned tuna, grill fresh or frozen fish, or enjoy fish tacos.







MASHED

LOADED

ROASTED

## Make Half Your Grains Whole Grains

- ✓ **Enjoy a whole-grain-based breakfast:** enjoy a whole-grain-based hot or cold cereal. Try cooked or uncooked oats. Try a whole-grain pita, tortillas or other whole-grain flatbread, sliced breads, or rolls.
- ✓ **Whole-grain snack:** enjoy whole-grain crackers, popcorn. Use whole-flour to make pancakes, cakes or muffins (half whole grain, half white).
- ✓ Enjoy starch vegetables in replacement of refined grains

# Cut Back on Added Sugars



**Start slow:** decrease the amount of sugar added to sweeten a cup of tea and cut sugar added to milk. Half the amount of sugar added to recipes.



**Think about your drinks:** balance your meals by drinking water instead of sugary drinks such as soda or artificial juices.



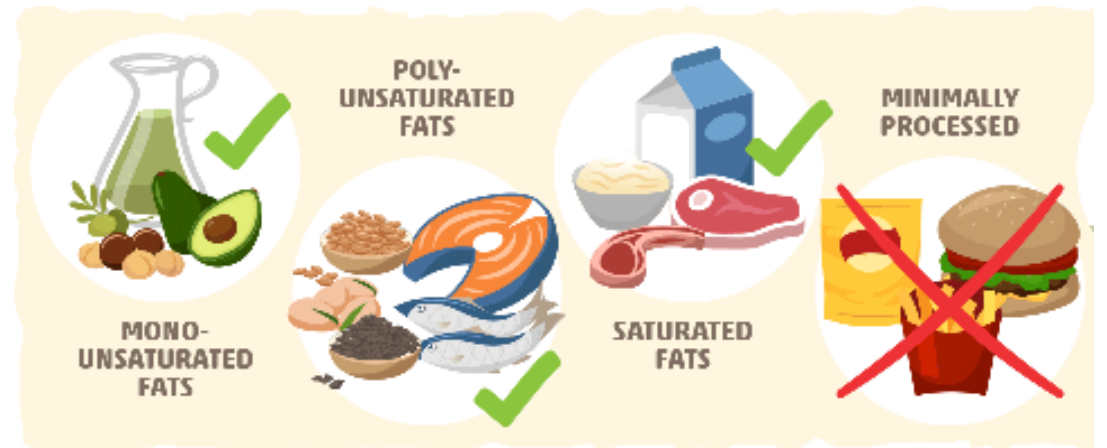
**Satisfy your sweet tooth:** Indulge in a naturally sweet dessert, fruits. Avoid packing desserts during the week.



**Be conscious about food choices:** Pick lower sugar options. Eat homemade desserts, mix fruit juices with vegetables or dilute with half water.

# Eat Healthy fats


- ✓ Healthy fats are important for growth and development of kids.
- ✓ Enjoy a variety of healthy fats from eggs, nuts, avocado and coconut.
- ✓ Tips for Less Saturated Fat : In place of foods higher in saturated fat, look for foods like nuts, seeds, and fatty fish like tuna, trout, and mackerel, which are high in unsaturated fats and a healthier choice.
- ✓ Choose olive oil, avocado oil, coconut, nuts oils.
- ✓ Foods containing natural saturated fats such as bacon, meat or dairy can be eaten in moderation.





# Top Tips for Making Healthy Meals

- ✓ **Find Balance:** plan your meals to have all five food groups (protein foods, whole grains, and fruits and vegetables).
- ✓ **Shopping:** make a grocery list adding the ingredients for the meals you have planned.
- ✓ **Be cautious about waste:** and plan for leftovers, serve just enough food.
- ✓ **Bake, grill, broil, or roast:** limit frying and use healthier cooking methods in most of the days.
- ✓ **Sweeten foods with fruit:** Mix fruit into plain yogurt, cooked oatmeal, and smoothies to sweeten without adding sugar.
- ✓ **Find more flavor:** add salad dressing (lemon, olive oil and salt) to salad or vegetables. Add spices and herbs to vegetables, Marinate your protein before cooking for at least 30 minutes.



The benefits of healthy eating add up over time, bite by bite.

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