



MAKE IT >

Don't have an appetite for brown bagging it? Let our delicious healthy recipes and creative tips make bringing home-prepared food to work your favourite way to eat.

5 GREAT REASONS TO BRING YOUR OWN LUNCH

> TASTE

You get what you like, made your way.

> PORTION

You can choose the amount of food that's right for you.

> LESS FAT AND LESS SALT

Restaurant meals are often major sources of both.

> HIGH POWER NUTRITION

Get more vegetables, fruit, whole grains and milk products—restaurant meals rarely supply enough of these great foods.

> MONEY

Making your own lunch can save you a bundle.

PACK THE PERFECT SALAD IN A JAR!

Want to give your usual salad a makeover? Think glass jars. Jars, like Mason jars, make super no-leak containers for transporting appetizing and nutritious homemade salads.

THE TECHNIQUE

Choose one or two ingredients from each section on the left. Just think four food groups and build your own tasty combination. The technique: Put the dressing on the bottom, then layer your ingredients on top. Start with the heaviest and finish off with the lightest. Just before eating, shake the jar well and slide your salad into a bowl. Awesome!

LEAFY GREENS

arugula
romaine
baby kale
spinach

PIZZAZZ

black olives
fresh cilantro
sunflower seeds
toasted almonds

PROTEIN

roast chicken or beef + crumbled Blue cheese
chick peas + grated Cheddar cheese
hard-boiled egg + Havarti cubes
grated Swiss cheese

VEGGIES/FRUIT

grilled veggies
red bell pepper
grated carrot
apples and blueberries

WHOLE GRAINS

couscous
barley
brown rice
quinoa

DRESSING

balsamic vinaigrette
chili lime vinaigrette
lemon vinaigrette
honeyed yogurt dressing

COOL CONSIDERATIONS

Does your lunch have perishables?
Include an ice pack. Keep different sizes frozen and ready to use.



TIP

Get an insulated lunch bag.

MARVELOUSLY PRACTICAL!



TAKE IT



An insulated lunch bag is a great investment—so is a thermos. They help keep foods at the right temperature to be both delicious and safe to eat for hours.

< **GOOD TO GO**

GET INTO POWER BOWLING

Power bowls are trendy in make-and-take lunches.

Organize a delectable variety of nutrient-rich foods from all four food groups and place them side-by-side in a reusable container. Pack dressings on the side if you prefer.

TWO CHIC IDEAS

MEDITERRANEAN

- + roasted veggies
- + quinoa, couscous or barley
- + hard-boiled egg
- + Feta cheese
- + avocado slices sprinkled with lime
- + pumpkin seeds
- + drizzle of nut oil

SOUTH WESTERN

- + baby spinach, kale, or romaine
- + grape tomatoes
- + whole-grain pasta or brown rice
- + cooked chicken, lentils or black beans
- + Monterey jack cheese
- + salsa

SNACKING STRATEGIES

The quality of a snack can make a big difference to your energy levels between meals.

Forget vending machines and pack small nutrient-rich bites with protein and fibre to tide you over.

IDEAS

- > Yogurt topped with fresh berries and sliced almonds
- > Trail mix including nuts, seeds and dried fruit
- > Veggies with hummus
- > Apple with cheese such as Brie or Cheddar
- > Spiced chai tea steeped in hot milk and a whole-grain banana muffin

LOVE THAT 'SNEAL'

Need more than a snack, but less than a meal, to get you to dinner? Meet the 'sneal'! A muffin tin is the perfect tool for creating sneals. Make these ahead of time. One makes a perfect snack—two, a satisfying sneal. Great for grab-and-go eating.

HEARTY MUFFIN-TIN QUICHES

Try this tasty recipe then, for variety, change up the vegetables and cheese. *Makes 12 mini crestless quiches.*

INGREDIENTS

1 **tblsp** (15 mL) butter, melted

8 eggs

$\frac{2}{3}$ **cup** (160 mL) milk

1 **tblsp** (15 mL) Dijon mustard

$\frac{1}{4}$ **tsp** (1 mL) each, salt and pepper

1 **cup** (250 mL) chopped cooked broccoli

1 **cup** (250 mL) grated Cheddar cheese

INSTRUCTIONS: Preheat oven to 350°F (200°C). Brush muffin tin with melted butter. In a large bowl, whisk together eggs, milk, mustard and seasonings until blended. Pour into muffin tins. Submerge veggies in filling. Sprinkle with cheese. Bake about 15 minutes or until puffed, golden and knife inserted in centre comes out clean. Let cool before removing and wrapping individually.

QUICK TIP

Save time, reduce brain strain. Start with some choice leftovers from dinner.

BENTO TIP

Like to keep different foods separate? Look for a Bento-inspired lunch box with tight-lidded nesting containers.

'SNEAL' POWER TIP

The eggs, cheese and milk combine to give you a good blast of protein for long-lasting energy.



NUTRITION
DAIRY FARMERS OF CANADA



Organized by Dietitians of Canada and dietitians of your region

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