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| |  |  | | --- | --- | | September 2017 | If you have trouble viewing this newsletter, [Click Here http://maritime.teachnutrition.ca/newsletters/2011/en/september/images/blue-arrow.gif](https://exchange.nbed.nb.ca/owa/redir.aspx?SURL=mVfsb8Duj03zHFWboDCDf-TvYt_G4H7tE389DiHNVX2KxGVr5ATVCGgAdAB0AHAAOgAvAC8AdABlAGEAYwBoAG4AdQB0AHIAaQB0AGkAbwBuAC4AdQBzADEALgBsAGkAcwB0AC0AbQBhAG4AYQBnAGUALgBjAG8AbQAvAHQAcgBhAGMAawAvAGMAbABpAGMAawA_AHUAPQBmADMAYgBhADQAYQAxADIAMwA3ADIAMgBjADMANgBhADQAYgA2AGMAMAAwAGEAMwBlACYAaQBkAD0AYgBmAGMANAA2AGUAOQBhAGYAOQAmAGUAPQA0AGMAMQAzADgANwA3AGMAMQAxAA..&URL=http%3a%2f%2fteachnutrition.us1.list-manage.com%2ftrack%2fclick%3fu%3df3ba4a123722c36a4b6c00a3e%26id%3dbfc46e9af9%26e%3d4c13877c11) | | [http://maritime.teachnutrition.ca/images/en/template/logos/tn_newsletter-logo_en.png](https://exchange.nbed.nb.ca/owa/redir.aspx?SURL=3NqbYPJEgU1d_UPwo13uJu6OTXlINI0Z7EKLZHcZWnKKxGVr5ATVCGgAdAB0AHAAOgAvAC8AdABlAGEAYwBoAG4AdQB0AHIAaQB0AGkAbwBuAC4AdQBzADEALgBsAGkAcwB0AC0AbQBhAG4AYQBnAGUAMQAuAGMAbwBtAC8AdAByAGEAYwBrAC8AYwBsAGkAYwBrAD8AdQA9AGYAMwBiAGEANABhADEAMgAzADcAMgAyAGMAMwA2AGEANABiADYAYwAwADAAYQAzAGUAJgBpAGQAPQA1ADQAZABkAGQAMgA0ADMAYwA0ACYAZQA9ADQAYwAxADMAOAA3ADcAYwAxADEA&URL=http%3a%2f%2fteachnutrition.us1.list-manage1.com%2ftrack%2fclick%3fu%3df3ba4a123722c36a4b6c00a3e%26id%3d54ddd243c4%26e%3d4c13877c11) | | |
| |  | | --- | | https://gallery.mailchimp.com/f3ba4a123722c36a4b6c00a3e/images/bb1ec386-b2b9-47ef-a706-2fefb0ccbe29.jpg | |
| |  |  |  | | --- | --- | --- | | |  | | --- | | **Lunches Made Easy**  Do you find yourself struggling when it comes to packing lunch?  Are you looking for some new ideas?  Look no further!  Here are a few tips that can help make packing your lunch box easier!   Before diving into lunch preparation, you need to ensure you are well equipped.  Stock up on basic essentials like an insulated lunch box or bag, ice packs, reusable containers (different sizes), insulated containers and cutlery.  Find a drawer or cupboard and store them all in the same space for easy access.  For lunch items and snacks, designate a space in the refrigerator and in the pantry where you can store them together.  That way, when it comes time to preparing lunches, everything will be easy to locate- time saved! To save more time, cut and portion your veggies and fruits in individual containers ahead of time, cook some chicken or eggs for sandwiches, cut up cheese cubes, or bake and freeze a batch of healthy muffins that you can quickly grab and add to your lunch box. | |  | | | |  | | --- | | **Quick and Healthy Lunch Ideas**   * https://gallery.mailchimp.com/f3ba4a123722c36a4b6c00a3e/images/5c0033da-4dae-4cd3-9fc6-ed7f86a5e02c.pngTurkey, cucumbers and cheese on a whole grain tortilla wrap served with cut up veggies, tzatziki and fruit. * Cherry tomatoes, snap peas and oven-baked whole wheat pita wedges served with hummus as a dip, a banana and milk. * Mini pitas topped with salsa, guacamole and shredded cheese, dried chickpeas or seeds and fruit salad. * Vegetable soup with whole grain crackers, boiled egg and a yogurt. * Rice with tomatoes, black beans and corn paired with a yogurt and fruit parfait. * Leftover cold pasta mixed with cucumbers, tomatoes, onions, peppers and chicken tossed with olive oil and served with milk and a fruit sauce. | | | |  | | --- | | **Guide : Breakfasts + Snacks + Lunches**  https://gallery.mailchimp.com/f3ba4a123722c36a4b6c00a3e/images/c8d8c036-94bd-4c08-8d34-28c0570f7f8d.png    For more lunch packing tips and recipe ideas, visit [TeachNutrition.ca](https://exchange.nbed.nb.ca/owa/redir.aspx?SURL=qn2XHiAwxvgY5vwbU_eaHWkPRKpdQ2KVeHjPXINrEWmKxGVr5ATVCGgAdAB0AHAAOgAvAC8AdABlAGEAYwBoAG4AdQB0AHIAaQB0AGkAbwBuAC4AdQBzADEALgBsAGkAcwB0AC0AbQBhAG4AYQBnAGUAMgAuAGMAbwBtAC8AdAByAGEAYwBrAC8AYwBsAGkAYwBrAD8AdQA9AGYAMwBiAGEANABhADEAMgAzADcAMgAyAGMAMwA2AGEANABiADYAYwAwADAAYQAzAGUAJgBpAGQAPQA4AGEAMgBmAGUAZABiADUAYQAxACYAZQA9ADQAYwAxADMAOAA3ADcAYwAxADEA&URL=http%3a%2f%2fteachnutrition.us1.list-manage2.com%2ftrack%2fclick%3fu%3df3ba4a123722c36a4b6c00a3e%26id%3d8a2fedb5a1%26e%3d4c13877c11) to order your free copy of “Breakfasts + Snacks + Lunches: a Practical and User-friendly Guide!” | | |
| |  |  | | --- | --- | |  | | |  | | | For questions or comments, visit our website at [www.teachnutrition.ca](https://exchange.nbed.nb.ca/owa/redir.aspx?SURL=bWFcE23rLDnIjfHitc49k-WcUWIS3qTDNQuabISBeniKxGVr5ATVCGgAdAB0AHAAOgAvAC8AdABlAGEAYwBoAG4AdQB0AHIAaQB0AGkAbwBuAC4AdQBzADEALgBsAGkAcwB0AC0AbQBhAG4AYQBnAGUALgBjAG8AbQAvAHQAcgBhAGMAawAvAGMAbABpAGMAawA_AHUAPQBmADMAYgBhADQAYQAxADIAMwA3ADIAMgBjADMANgBhADQAYgA2AGMAMAAwAGEAMwBlACYAaQBkAD0ANgAyAGYAMwBkADIAMwA3ADUAMgAmAGUAPQA0AGMAMQAzADgANwA3AGMAMQAxAA..&URL=http%3a%2f%2fteachnutrition.us1.list-manage.com%2ftrack%2fclick%3fu%3df3ba4a123722c36a4b6c00a3e%26id%3d62f3d23752%26e%3d4c13877c11) or email us at [infonutrition@dfc-plc.ca](https://exchange.nbed.nb.ca/owa/redir.aspx?SURL=6O_UkHn15ArOC0wQKZd7tkl5JUItOyCvHOgPDS3LdNaKxGVr5ATVCG0AYQBpAGwAdABvADoAaQBuAGYAbwBuAHUAdAByAGkAdABpAG8AbgBAAGQAZgBjAC0AcABsAGMALgBjAGEA&URL=mailto%3ainfonutrition%40dfc-plc.ca). | | |  | | | **Dairy Farmers of Canada** 500 St. George Street Moncton, N.B. E1C 1Y3 Tel : 506.855.8800 | [http://maritime.teachnutrition.ca/images/email-template/dfc_corp_en_80.png](https://exchange.nbed.nb.ca/owa/redir.aspx?SURL=jR6h4wg8TK5ydhxFxkhQq6REXZi3fJuTSZCmS6Z_3MnuJWhr5ATVCGgAdAB0AHAAOgAvAC8AdABlAGEAYwBoAG4AdQB0AHIAaQB0AGkAbwBuAC4AdQBzADEALgBsAGkAcwB0AC0AbQBhAG4AYQBnAGUALgBjAG8AbQAvAHQAcgBhAGMAawAvAGMAbABpAGMAawA_AHUAPQBmADMAYgBhADQAYQAxADIAMwA3ADIAMgBjADMANgBhADQAYgA2AGMAMAAwAGEAMwBlACYAaQBkAD0AMwBkADQANQBkADMANAAwADUAOAAmAGUAPQA0AGMAMQAzADgANwA3AGMAMQAxAA..&URL=http%3a%2f%2fteachnutrition.us1.list-manage.com%2ftrack%2fclick%3fu%3df3ba4a123722c36a4b6c00a3e%26id%3d3d45d34058%26e%3d4c13877c11) | |  | | | [Privacy Policy](https://exchange.nbed.nb.ca/owa/redir.aspx?SURL=LRKCPV7I7r03AqzsIGVm7mDf52RszHxySLRnFxOYuU_uJWhr5ATVCGgAdAB0AHAAOgAvAC8AdABlAGEAYwBoAG4AdQB0AHIAaQB0AGkAbwBuAC4AdQBzADEALgBsAGkAcwB0AC0AbQBhAG4AYQBnAGUALgBjAG8AbQAvAHQAcgBhAGMAawAvAGMAbABpAGMAawA_AHUAPQBmADMAYgBhADQAYQAxADIAMwA3ADIAMgBjADMANgBhADQAYgA2AGMAMAAwAGEAMwBlACYAaQBkAD0AYwA4ADUAOAA2ADUAOAA0AGQAMAAmAGUAPQA0AGMAMQAzADgANwA3AGMAMQAxAA..&URL=http%3a%2f%2fteachnutrition.us1.list-manage.com%2ftrack%2fclick%3fu%3df3ba4a123722c36a4b6c00a3e%26id%3dc8586584d0%26e%3d4c13877c11) | [Terms and Conditions](https://exchange.nbed.nb.ca/owa/redir.aspx?SURL=0_vAr0fstJmGHYRhrmD3GokI4OX12nb1hkx_-V0c3b3uJWhr5ATVCGgAdAB0AHAAOgAvAC8AdABlAGEAYwBoAG4AdQB0AHIAaQB0AGkAbwBuAC4AdQBzADEALgBsAGkAcwB0AC0AbQBhAG4AYQBnAGUALgBjAG8AbQAvAHQAcgBhAGMAawAvAGMAbABpAGMAawA_AHUAPQBmADMAYgBhADQAYQAxADIAMwA3ADIAMgBjADMANgBhADQAYgA2AGMAMAAwAGEAMwBlACYAaQBkAD0AMQA5ADIAMwAwAGYANgAzAGIANgAmAGUAPQA0AGMAMQAzADgANwA3AGMAMQAxAA..&URL=http%3a%2f%2fteachnutrition.us1.list-manage.com%2ftrack%2fclick%3fu%3df3ba4a123722c36a4b6c00a3e%26id%3d19230f63b6%26e%3d4c13877c11) | To unsubscribe, [click here](https://exchange.nbed.nb.ca/owa/redir.aspx?SURL=9_38ax6f7dxA9T3KuH92b0b0rF4iNNRP-CgxJ06qE6ruJWhr5ATVCGgAdAB0AHAAOgAvAC8AdABlAGEAYwBoAG4AdQB0AHIAaQB0AGkAbwBuAC4AdQBzADEALgBsAGkAcwB0AC0AbQBhAG4AYQBnAGUALgBjAG8AbQAvAHUAbgBzAHUAYgBzAGMAcgBpAGIAZQA_AHUAPQBmADMAYgBhADQAYQAxADIAMwA3ADIAMgBjADMANgBhADQAYgA2AGMAMAAwAGEAMwBlACYAaQBkAD0ANgBkAGEANgBkAGEAZAA2AGMAMQAmAGUAPQA0AGMAMQAzADgANwA3AGMAMQAxACYAYwA9ADQANQA0ADUAMQBmAGMAZQBkADMA&URL=http%3a%2f%2fteachnutrition.us1.list-manage.com%2funsubscribe%3fu%3df3ba4a123722c36a4b6c00a3e%26id%3d6da6dad6c1%26e%3d4c13877c11%26c%3d45451fced3) | | |