

Back to School: Tips for Breakfast and Lunch

Busy mornings can make it harder to fit in breakfast and pack lunches. A little planning can help make school-day routines easier.

- Prep lunchboxes the night before
- Keep grab-and-go breakfast options on hand (yogurt cups, cheese, whole grain cereal, fruit)
- Use dinner leftovers for next-day lunches
- Involve your kids in choosing what goes in their lunch
- Children are often more likely to eat foods they helped choose or prepare

Fueling Children for Learning

Eating breakfast can help children feel energized and ready to learn throughout the school day.

A balanced school lunch doesn't need to be complicated. Aim for four simple components:

- A protein (leftover chicken, hard-boiled egg, cheese, beans, nut/seed butter, dairy)
- A grain (whole grain bread, pasta, crackers, brown rice)
- A fruit or vegetable (anything your child will actually eat – fresh or frozen)
- Water – limit juice and sugary drinks

Healthy meals can include foods from many cultures and traditions. Choose foods that work for your family's preferences, schedule, culture, and budget.

A Helpful Reminder

Children's appetites can vary from day to day. Packing familiar foods alongside new foods can help reduce lunchbox stress and encourage children to try new foods over time.

For recipes, visit: [Shopping and Cooking | Region of Durham](https://durham.ca/shoppingandcooking)



HEALTH
DEPARTMENT

durham.ca/shoppingandcooking



If you require this information in an accessible format, contact 1-800-841-2729.