

Yummy, Healthy Packed Lunches (And Snacks Too)

Virtual Presentation

January 12, 2021

Notes

Two Goals When Feeding Kids:

1. Meeting their nutritional needs.
2. Developing a healthy relationship with food.

Meeting Nutritional Needs:

- Vegetables and Fruit: half of what kids eat.
- Protein-rich foods: 3+ servings daily. Protein-rich foods include:
 - Beans/lentils
 - Soy foods (e.g. tofu, tempeh)
 - Nuts/Seeds and their butters
 - Eggs
 - Meat
 - Poultry
 - Seafood
 - Cheese
 - Yogurt
- Starch/Carbs/Grains: 3+ servings daily.
- Fat: as components of foods (e.g. nuts/seeds, avocado, fish), added when cooking
- Hydration: Fluids throughout the day, water, milk, plant-based milk alternatives (e.g. almond milk), soups, smoothies, even fruits and veggies contribute hydration.
- Vitamin/supplements: as per an individual child's needs.

Satter's Division of Responsibility provides how to support kids to choose to be healthy eaters. And, establish a healthy relationship with food. For more info: EllynSatterInstitute.com

What to Pack:

- Vegetables and fruit: 2+ servings
- Protein-rich foods: 1 or 2 servings
- Starch foods: 1 or 2 servings
- Optional: treat

Tips to Get Lunches Eaten:

1. Ensure containers are easy to open.
2. Cut food into small pieces.
3. Make it visually appealing.
4. Have kids participate in packing her lunch.
5. Don't serve the same food every day. Rotate foods.

Curious about how I can help your child to overcome picky eating behaviour to become their best eater?

Schedule a (free) call to find out more: calendly.com/KristenYarker

Recipes

From My Website:

Banana Lentil Muffins: <https://kristenyarker.com/kristen-yarker-dietitian-blog/banana-lentil-muffins>

Pumpkin Spice Oat Muffins: <https://kristenyarker.com/kristen-yarker-dietitian-blog/pumpkin-spice-oat-muffins>

Lentil Coconut Energy Bites: <https://kristenyarker.com/kristen-yarker-dietitian-blog/lentil-coconut-energy-bites>

Beet Hummus: <https://kristenyarker.com/kristen-yarker-dietitian-blog/beet-hummus>

Crispy Chickpeas: <https://kristenyarker.com/kristen-yarker-dietitian-blog/crispy-chickpeas> and <https://kristenyarker.com/kristen-yarker-dietitian-blog/roasted-chickpeas-4-ways>

Lunch Box Bean Salad: <https://kristenyarker.com/kristen-yarker-dietitian-blog/lunch-box-bean-salad>

Soba Noodle Salad: <https://kristenyarker.com/kristen-yarker-dietitian-blog/soba-noodle-salad>

Tomato, Black Bean and Corn Salad: <https://kristenyarker.com/kristen-yarker-dietitian-blog/tomato-black-bean-and-corn-salad>

Chickpea Quesadilla and Black Bean Brownie: <https://kristenyarker.com/kristen-yarker-dietitian-blog/spinach-cranberry-chickpea-quesadilla>

Coconut Chia Pumpkin Mousse (Vegan): <https://kristenyarker.com/kristen-yarker-dietitian-blog/pumpkin-mousse>

Almost-Raw, Almost-Vegan Brownies: <https://kristenyarker.com/kristen-yarker-dietitian-blog/raw-almost-vegan-brownies>

Chocolate Chia pudding: <https://kristenyarker.com/kristen-yarker-dietitian-blog/chocolate-chia-pudding>

Healthier Chocolate Hazelnut Spread (and a Nut-Free Version): <https://kristenyarker.com/kristen-yarker-dietitian-blog/healthier-chocolate-nut-spread>

Other Excellent Recipe Sources:

<https://www.sarahremmer.com/recipes/>

<https://www.bettertogetherbc.ca/>

<https://www.unlockfood.ca/en/Recipes.aspx>

<https://www.abbeyskitchen.com/recipes/>

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