

OUR HEALTH MATTERS

Welcome to 'Our Health Matters', a section of the Capital Health This Week aimed at promoting health. Each month you will read of a new focus for your own health. Each month you may also be challenged to think about how you are doing in that area.

Lunches in a Snap

By Laurie Barker Jackman, Professional Dietitian, Sobeys

Lunch Basics

- Include foods from at least three of the four food groups from [Canada's Food Guide](#).
- Limit other foods like potato chips, chocolate, candy or pop.
- Keep foods cold by using an ice pack, frozen juice or frozen water bottle.
- Make foods easy to eat. Peel oranges, cut sandwiches in half, etc.
- If you have children, ask what they would like and get them to help. They will be more likely to eat their lunch if they are involved.

Healthy Lunch Bag Ideas

- Whole wheat crackers, hard cheese and an apple
- Tuna pita (tuna, sliced grapes, mayo, whole-wheat pita), milk and oatmeal cookies
- Mini pizza (1/2 bagel, sauce, meat, grated vegetables, cheese), grapes, and chocolate milk
- Pasta salad (noodles, veggies, beans salad dressing), canned pears and yogurt drink
- Homemade lunchables (crackers, cheese, ham), cut-up vegetables and dip
- Mini shish kabobs: (cubes of meat, cheese, pineapple on toothpicks), graham crackers and milk

Super School Snacks

Children need healthy foods to grow, develop and do well at school. Snacks will give them energy until mealtime. Send small snacks (1 or 2 food groups from Canada's Food Guide).

A-Plus Snacks

- Vegetables with dip
- Yogurt drink and a mini muffin
- Rice cakes and cheese
- Popcorn and grapes
- Melon cubes and chunks of cheese
- Animal crackers and a yogurt tube
- Crackers and soy nut butter
- Pretzels and salsa

Dietitians are available in select Sobeys stores. For more information, please call 902-454-0281. This information came from Sobeys Dietitians NEW-trition Newsletter.

You can receive this by emailing: Dietitians@sobeys.com

Lunches in a Snap

By Laurie Barker Jackman, Professional Dietitian, Sobeys

Recipe:

Banana Raisin Bars

(Makes 24 bars)

Ingredients:

3 cups (750 ml)	Oatmeal
¼ cup (60 ml)	Natural wheat bran
½ cup (125 ml)	Raisins
½ cup (125 ml)	Non-hydrogenated margarine
2 tbsp (30 ml)	Corn syrup
¼ cup (60 ml)	Honey
1 tsp (5 ml)	Vanilla
1	Egg
1	Banana, mashed

Directions:

1. Mix oatmeal, natural wheat bran and raisins in a large bowl.
2. In a separate bowl, beat rest of ingredients until fluffy.
3. Mix everything together and press into a greased 9"x13" pan.
4. Bake for 30 minutes at 325°F until firm and golden brown.

Nutrition Information per Serving:

Calories	107
Fat	5 grams
Carbohydrate	15 grams
Fibre	1.5 grams
Protein	2 grams
Sodium	61 milligrams

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