

LUNCH BOX TIPS

~from The BasketCase~

based on the Canada Food Guide

- 1 Use ice packs or frozen drinking boxes to keep lunches cool.
- 2 Read the Nutrition Facts table on food and food product labels
- 3 Use insulated containers to keep lunches cold.
- 4 Wash fruits and vegetables well before packing.
- 5 Clean: wash hands and surfaces often when preparing lunches
- 6 Wipe lids of canned food if you are going to consume contents directly from cans.
- 7 Instead of making sandwiches, consider packing individual sandwich ingredients to make their own sandwich at lunch (no soggy bread)
- 8 Waffles, pita bread, crackers, mini muffins, pre-sliced fruit.
- 9 Tuna Pesto Salad Wrap Sandwiches, Tex-Mex Pita Sandwich. Whatever you have in the frig: chop, mix and it's a wrap!
- 10 Lunch is READY + 30 Day Freezer Lunches.*
Make a bunch of these recipes once or twice a month for a healthy home made lunch for your "lunchbox". Here's the link
<http://www.30mealsinoneday.com/page/426451600>



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