

A PRACTICAL AND USER-FRIENDLY GUIDE

BREAKFASTS + SNACKS + LUNCHES

Presented by the team of Registered Dietitians at Dairy Farmers of
Canada and the Quebec Produce Marketing Association



INTRODUCTION

Need some ideas to help you plan and prepare breakfasts, lunches and snacks? Like us, do you sometimes lack inspiration? Don't panic! With tips and tricks inspired by everyday life, our practical and user-friendly guide will give you the help you need.

What's more, our guide includes a practical tool to get kids involved in making their lunches. So whenever you're stuck, you can turn to this handy guide to help you tackle breakfasts, lunches and snacks with a smile!

THE TEAM OF REGISTERED
DIETITIANS AT DAIRY
FARMERS OF CANADA



THE QUEBEC PRODUCE
MARKETING ASSOCIATION

LEGEND

Look for these colours to find:

RECIPES

TIPS...



FROM A
NUTRITIONIST
MOM



FROM
A HANDY
COOK



FROM A
CREATIVE
DAD

ADVICE

INSPIRING IDEAS

MINI-CHEF SECTION

BREAKFASTS

Morning is the time to fuel up!

The human body recovers during the night, using its energy reserves. In the morning, breakfast replenishes the body's energy for the busy day ahead. Breakfast is also a good opportunity to load up on nutritious foods that will help all family members meet their needs.



TIP FROM A NUTRITIONIST MOM:

Often, my little Charlotte isn't hungry when she wakes up. So I serve her a lighter breakfast, like a homemade smoothie or some cheese with apple slices. I also make sure she has a more satisfying morning snack for school (see the "Snacks" section).

Children should not be forced to eat when they're not hungry, even at breakfast. Quite the opposite—it's better to encourage them to listen to and respect their hunger signals. Tummy growls, hunger pangs, a lack of energy... these are the body's signals that it's time to refuel. Forcing children to eat is the opposite of listening to these signals and can have a negative effect on an essential element of a healthy diet: the joy of eating.



TIP FROM A CREATIVE DAD:

My kids call me the Smoothie King! They're easy and ideal for mornings when you're in a rush or not that hungry. You just need to keep a mix of frozen fruit, milk and yogurt on hand! Recently, I've even been adding rolled oats or chia seeds, if I've got some. By the way, my kids love it when they get to choose their flavours. Little by little, I've been getting them involved in making the smoothies—and pretty soon, the students might become the master! When it's time to go, I pour one for myself into an insulated bottle (like a Thermos) so that I can drink it on my commute or at work.





One or two muffins thawed in the microwave can be part of a light breakfast for those who aren't very hungry in the morning or part of a more satisfying snack for those who haven't eaten a big breakfast.



HANDY TIP FROM A COOK:

When you make homemade muffins, double or triple the recipe! Muffins can be kept in the freezer in a tightly sealed plastic bag or airtight container for up to three months. Here's a basic recipe with a few variations.

HOMEMADE MUFFINS

Yield: 12 muffins

Recipe courtesy of the Fondation OLO

Ingredients

- 1½ cups (375 mL)** quick oats
- 1 cup (250 mL)** all-purpose flour
- 1 tsp (5 mL)** baking powder
- ½ tsp (2.5 mL)** baking soda
- ¼ tsp (1 mL)** salt
- ¼ cup (60 mL)** vegetable oil
- 1** egg
- ½ cup (125 mL)** sugar
- 1 cup (250 mL)** milk

Preparation

1. Preheat oven to 350°F (180°C).
2. In a bowl, mix together the dry ingredients.
3. In a large bowl, mix together the vegetable oil, egg, sugar and milk.
4. Add one set of *variation ingredients* (see below) to the wet ingredients and stir.
5. Add the dry ingredients to the wet ingredients and gently stir.
6. Pour batter into a 12-cup muffin pan and bake for 30 minutes at 350°F (180°C).

Variations

Fruit

- 1 cup (250 mL)** berries

Carrots and raisins

- ¼ cup (60 mL)** raisins
- 1 cup (250 mL)** grated carrot
- ½ tsp (2.5 mL)** cinnamon

Apple Cheddar

- 1** medium apple, peeled and diced
- 1 cup (250 mL)** old Cheddar, grated

FUEL UP ON NUTRITIOUS FOODS TO START YOUR DAY OFF RIGHT:

01

To start your day feeling groovy, make a green smoothie! In a blender, mix together fresh spinach, raspberries, plain or raspberry yogurt and just enough milk to mix it well.

02

Swap your regular coffee for a latte.

03

Add some yogurt and fresh fruit to your cereal, pancakes and waffles—it's more flavourful and more fun!



04

Liven up your toast with some peanut butter and a sliced banana.

05

Enjoy a side of colourful fruit salad with your eggs.

06

Make your oatmeal with milk instead of water.

07

Double your weekend pancake recipe. They are easy to reheat and a great way to shake things up midweek. Add some fruit for a more complete breakfast.

Combine carbohydrates and protein at breakfast for energy that lasts!

CARBOHYDRATES

PROTEIN

Cereal and fruit

+

Milk

Homemade
raisin-bran muffin

+

Yogurt with
a few almonds

Toast and fruit salad

+

Hard-boiled egg

Whole-grain bagel
and apple slices

+

Sliced or grated
Cheddar cheese, melted

Banana wrapped in
a whole-wheat tortilla

+

Yogurt or peanut butter

Whole-wheat
English muffin

+

Nut butter

Berries and toast

+

Cottage cheese



RISE-AND-SHINE YOGURT

Preparation time: 10 minutes

Yield: 4 one-cup (250 mL) servings

Ingredients

½ cup (125 mL) milk

1 cup (250 mL) quick oats, not cooked

2 cups (500 mL) plain or vanilla yogurt

2 apples, diced

1 cup (250 mL) fresh or frozen blueberries, thawed

Ground cinnamon, to taste

Preparation

1. In 4 bowls, mix **2 tbsp (30 mL)** of milk with **¼ cup (60 mL)** of rolled oats.
2. Let the oats absorb the milk for a few minutes.
3. In each bowl, add **½ cup (125 mL)** of yogurt, then mix.
4. Divide the apple cubes into the bowls.
5. Divide the blueberries into the bowls.
6. Sprinkle with cinnamon.

SNACKS

What's a snack? A burst of energy between meals!

By eating one, two or even three snacks a day, it's easier to pay attention to your hunger and fullness signals, no matter your age. In fact, a nutritious snack reduces hunger pangs between and even during meals! Really? Absolutely! Being less hungry because of snacking can help you eat more slowly and recognize when you are full. Snacks also provide the energy you need to maintain concentration—at school, work or home.



TIP FROM A NUTRITIONIST MOM:

To manage midday cravings, each member of my family includes one or two snacks in their lunch box or bag. I let the kids choose their own snacks from a range of options: veggie sticks with a yogurt dip or hummus, fresh fruit, yogurt, cheese, crackers, homemade muffins, etc.



TIP FROM A CREATIVE DAD:

When we get back from the grocery store, it's my job to cut the block of cheese into cubes, wash and cut the veggie sticks and divide the yogurt into individual servings for the week. My oldest child, Jacob, who's nine, is starting to help me more and more. This way, it's not such a big deal to make snacks on weekdays!



Depending on how long it is until the next meal, snacks can contain one or several foods. It's also important to remember that carbohydrates provide short-term energy, whereas protein maintains energy levels over the long term. Here are some examples:

Sensible snacks

CARBOHYDRATES		PROTEIN
Peach or pear slices	+	Cottage cheese or plain almonds
Whole-wheat pita bread, cut into wedges	+	Tofu spread
Baby carrots, cauliflower and broccoli florets	+	Yogurt dip
Whole-grain cereal	+	Milk
Apple slices	+	Peanut butter or soy nut butter as a spread
Homemade cereal bar	+	UHT milk*
Whole-grain crackers	+	Cheese cubes



Have you heard of UHT milk? UHT stands for “ultra-high temperature.” UHT milk has been heated to a very high temperature for a few seconds. Once it is packaged, it can be safely kept at room temperature for several months. Besides having the same nutrient value as regular pasteurized milk, UHT milk is also very practical! Just make sure that once the container is open, the milk is refrigerated and consumed within a few days.



TIP FROM A NUTRITIONIST MOM:

Remember that for young children, it is recommended that you offer them a snack that includes a source of carbohydrates and a source of protein.

LUNCHES

Is making lunches a daily challenge for you? Packing lunches your kids will love isn't always easy! Here are a few tips and simple recipe ideas to make packing lunches an easier and more enjoyable task.

01

When making your grocery list, keep lunches in mind and ask your kids for some suggestions: vegetables for veggie sticks, fruit and yogurt, cheese to cut into cubes, milk, etc.

02

Double the recipe of your evening meals as often as you can. Freeze a large portion for a fast family dinner or individual servings for grab-and-go lunches. Instead of freezing all the leftovers, you can also set aside a few servings for the kids' lunches the next day or the day after!

03

On weekends or holidays, spend the morning or afternoon cooking together as a family. Everyone can share their ideas and lend a hand! Then you've got ready-to-serve dinners and lunches that everyone will enjoy.

04

So that lunches aren't such a headache for you as parents, and so that your kids start to learn how to make their own, make them together as a family. It's a great way to spend some quality time together—isn't that what you're always looking for?

05

To speed things up, store everything you need in one easy-to-access place: plastic containers, reusable bottles, cutlery, insulated containers (like a Thermos) for hot meals, etc.

06

Just like a real chef, assign tasks. The youngest child can be in charge of snacks, the eldest can pour milk into containers, another child can prepare portions of veggie sticks, etc. (See the “Mini-Chef” section.)



TIP FROM A NUTRITIONIST MOM:

Are your children like mine, sometimes turning their noses up at the sight of vegetables? Here are a few tips that work well: opt for raw or lightly cooked veggies so that they're still crunchy and serve them with a yogurt dip or hummus. And yes, your kids would really rather see two or three small servings of different veggies in their lunch than one big serving of a single vegetable.



Cooking together as a family

Getting kids involved in the kitchen is an excellent way to help them discover and enjoy more kinds of foods and dishes. In particular, getting them to help make their lunches lets you spend some quality time together as a family. You'll save time and your kids will become increasingly self-sufficient! You don't want to keep packing their lunches until they're 18, do you?!

It'll also help your kids pick up some cooking skills, which they'll use for the rest of their lives.



HANDY TIP FROM A COOK:

When you first start to involve your kids in the kitchen, be sure to start with something simple. It'll give them a taste of success and make them—and you, the parents—want to do it again.

MINI-CHEF

Make your lunch like a real chef

Here are some examples of tasks you can accomplish

START HERE!

I'm a mini-chef, I can...

Tell my mom or dad how much food to give me

Fill my sandwich

Wash the fresh fruit and vegetables

Portion out yogurt

Portion out the main dish

If I can do these things, I can also...

Back at home

Empty my lunch box

Pack my lunch box (without forgetting the ice pack)

Portion out pre-cut veggie sticks

Back at home

Empty and rinse out the dirty containers

Back at home

Wash and put the ice pack back in the freezer

If I can do these things, I can also...

Make the dip and portion it out

Cut and portion out veggie sticks and fruit

Cut cheese into cubes

Make my sandwich

Back at home

Pour hot food into an insulated bottle (like a Thermos)

Wash the dirty containers or put them in the dishwasher

ADD YOUR OWN IDEAS!



I INCLUDE IN MY LUNCH BOX...

A main dish like:

- Whole-wheat mini-pitas with hummus
- Whole-wheat tortillas with egg or tuna salad
- A serving of last night's leftovers
- A salad made of leftover pasta or rice, my favourite vegetables and legumes or canned fish

MY IDEAS...

I add...

- Snow peas and celery sticks
- Grated carrot salad
- Coleslaw
- Broccoli and cauliflower florets
- Cherry tomatoes
- Cucumber rounds

MY IDEAS...

I add...

- One piece of fresh fruit (e.g., an apple, pear or plum)
- Fresh-cut fruit (e.g., watermelon, cantaloupe or pineapple)
- Fruit salad with no added sugar
- Unsweetened fruit sauce

MY IDEAS...



If needed, I round it out with...

- Yogurt
- Homemade milk pudding
- Homemade muffin

MY IDEAS...

Or I make a delicious duo...

- Frozen blueberries and sliced strawberries with yogurt
- Fruit sauce mixed with plain yogurt

MY IDEAS...

To drink, in my reusable bottle, I put...

- Milk
- Water

MY IDEAS...

- I remember to include my ice pack



A SAFE-AND-SOUND LUNCH BOX

If you don't practise proper hygiene and food handling, certain foods—even nutritious foods—can become dangerous. Follow these tips to avoid any viral or bacterial contamination:

- ! Wash your hands with hot, soapy water before making meals and snacks.
- ! Even if you plan on peeling vegetables or fruit, always wash them under running water (e.g., oranges, clementines, melons). Vegetables and fruit with thick or firm skins should be scrubbed with a brush.
- ! Choose reusable and insulated lunch boxes or cloth lunch bags instead of disposable bags. Use an ice pack. All perishable foods (e.g., meat, poultry, seafood, eggs, mayonnaise, milk products) that remain in the lunch box at the end of the day should be thrown out. Ice packs are effective only for a few hours—not the whole day.
- ! To keep hot foods hot (above 60°C), use an insulated container that you have rinsed out with boiling water beforehand.
- ! Clean lunch boxes regularly using a damp, soapy cloth.



TIME AND MONEY- SAVING ADVICE:

- ✓ Set aside some time to wash and cut vegetables and fruit for a few meals in advance: peel carrots, wash lettuce, cut watermelon into cubes, etc. Choosing seasonal vegetables and fruit can also help reduce your grocery bill. For example, choose berries in the summer; peaches and nectarines around mid-August; squash and apples in the fall; and oranges in the winter.
- ✓ Grate a large amount of cheese and keep it handy in a bag in the freezer. Defrost the cheese in the refrigerator and you have an instant garnish for pasta dishes, homemade pizzas and even salads.
- ✓ Cooking a whole chicken in advance can simplify your life in so many ways. Once deboned, add some to a bed of pasta, a vegetable stir-fry or even a sandwich.
- ✓ Canned legumes win hands down for being quick and economical. Rinse them under cold water and add to salads or soups.

MONTEREY JACK AND EGG PITA POCKETS

Preparation time: 15 minutes

Yield: 4 servings, 3 to 4 pockets each

Ingredients

½ cup (125 mL) pizza sauce,
no or little salt added

4 eggs, scrambled

2½ cups (625 mL) your choice of
vegetables (zucchini, bell peppers,
celery, green onions, etc.), grated

1½ cup (375 mL) Monterey Jack,
grated

12 to 15 whole-wheat mini-pitas
(or **4** large pitas), cut in half

Preparation

1. Mix the pizza sauce, eggs, vegetables and Monterey Jack.
2. Stuff pita halves with the egg mixture.





TIP FROM A CREATIVE DAD:

When breads go on sale, we buy a larger quantity and variety and freeze them. Great examples include bagels, tortillas and baguettes. When it's time to make sandwiches, I let the kids choose their bread. Jacob loves bagels, whereas Emma prefers wraps.

Go green and reduce waste:

- ✓ When you think of all the lunches that get made each year, you realize that every little bit you do for the environment counts. To reduce waste and save money, avoid using individual, disposable packaging. Instead, choose sturdy, reusable plastic containers that are stamped with the recycling symbol.
- ✓ To have fresh fruit on hand all week long, buy them at various stages of ripeness. This tip is worth its weight in gold for pears, bananas, avocados and stone fruit.





ON THE MENU: MORE FRUIT, VEGETABLES AND MILK PRODUCTS!

— 01 —

At work or dining out, start your meal off with veggie sticks, a salad or vegetable soup.

— 02 —

Liven up your salads by adding spinach, arugula, fennel, sprouts, strawberries, grapes, cantaloupe balls, clementines, cranberries, dried fruit, cubes of Mozzarella, Gouda or Camembert, etc.

— 03 —

Discover the simplicity and exquisite flavour of nutritious desserts, such as fresh fruit, fruit salad, fruit sauces, yogurt and milk-based desserts!



HANDY TIP FROM A COOK:

For a new twist on the classic sandwich, add grated carrots, roasted bell peppers, avocado, apple or pear slices, slices of Cheddar, Brie or Swiss cheese, etc.

QUINOA AND CHEESE SALAD WITH ORANGE VINAIGRETTE

Preparation time: 20 minutes

Yield: 4 servings

Ingredients

¾ cup (175 mL) uncooked quinoa or
3 cups (750 mL) cooked quinoa

1 small can of whole kernel corn, drained and rinsed, or **⅔ cup (200 mL)** frozen corn, thawed

1 carrot, peeled and grated

2 green onions, minced

1 cup (250 mL) cheese curds or mild cheese cut in small cubes (Mozzarella, Cheddar, Gouda, etc.)

¼ cup (60 mL) dried cranberries, unsweetened, or about **1 cup (250 mL)** fresh blueberries

Orange parsley vinaigrette

2 tbsp (30 mL) orange juice

2 tbsp (30 mL) your choice of vegetable oil

1 tsp (5 mL) Dijon mustard

10 sprigs fresh parsley, tops only, chopped

Black pepper and salt, to taste

Preparation

- 1.** Cook quinoa according to package directions.
- 2.** In a bowl, combine quinoa, corn, carrot, green onions, cheese and blueberries or cranberries.
- 3.** In a small bowl, whisk together the vinaigrette ingredients.
- 4.** Gently stir the vinaigrette into the salad.
- 5.** If needed, add salt and pepper.



Tantalizing lunches

INSPIRING SANDWICHES

Whole-wheat
tortilla



Pieces of cooked
chicken



Lettuce
and minced
green onion



Grated Cheddar
cheese

Herb ciabatta



Tofu or
legume-based
(hummus) spread



Stir-fried onion and
mushroom slices
cooked the night
before



Slice of Swiss
cheese

Whole-wheat
sub bun



Canned
mackerel



Grated carrot and
cucumber slices



Plain
yogurt

YUMMY CRUNCHY SALADS

Bulgur



Pieces of cooked
chicken



Fresh broccoli
florets, diced red
bell pepper, black
olives and sliced
red onion



Crumbled
Feta cheese

Whole-wheat
penne



Hard-boiled egg



Tomato cut in
quarters, canned
artichoke hearts,
diced orange
bell pepper and
chopped green
onion



Cubes of
Gouda cheese

Quinoa
or couscous



Canned lentils



Diced apple,
raisins, chopped
green beans and
chopped celery



Plain
yogurt





I love 5 to 10 servings a day
ilove5to10.ca



BROUGHT TO YOU
BY OUR DIETITIANS
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