



newsletter

Paint Your Plate at Lunch!

Dear Parents,

The centre continues to promote the Paint Your Plate program. Our goal is to make it easier for families to eat vegetables and fruit to protect against heart disease, stroke, type 2 diabetes, and many cancers. By eating more vegetables and fruit, children get more of the nutrients, fibre, and energy they need to grow, learn, play, and be healthy.

Families are also important role models—children learn by watching how often vegetables and fruit are served and eaten at home.

Here are some ways to boost veggies and fruit at lunch, whether at school or at work:

- Make an easy tuna toss. Top romaine lettuce with flaked tuna, quartered cherry tomatoes, sliced black olives, onions, and red and yellow peppers. Pack a small container of balsamic dressing for a tasty topper.
- Top whole wheat pasta with pesto or tomato sauce, and add a side of veggie sticks.
- Chop, slice, and dice assorted vegetables (e.g., carrot, zucchini, and celery sticks; red and green pepper strips; broccoli and cauliflower tops; mushroom caps; and cherry tomatoes). Serve with a tasty dip.
- Stuff mini pita pockets with thin apples slices, romaine lettuce, and shredded cheese.
- Dip sliced sweet potato in a mixture of egg whites and nutmeg. Bake on a lightly greased pan in a 425 °F (220 °C) oven for 20 minutes.
- Add grated apples, diced pears, or sliced grapes to jazz up coleslaw.
- Add blueberries, sliced strawberries, or mandarin oranges to green salads.
- Top homemade pizza with zucchini slices, mushrooms, onions, red or orange pepper strips, shredded carrots, chopped spinach, and diced tomatoes.
- Add extra fresh or frozen vegetables to spaghetti sauce, chili, lasagna, casseroles, or stews.
- Stuff whole wheat pita pockets with shredded cheese, cubed meat, diced tomato, and cucumber.



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Paint Your Plate with vegetables and fruit!