

Simple Solutions for the Balanced School Day

The Balanced School Day offers two (2) nutrition breaks. This is instead of the traditional morning break, lunch, and afternoon break.

With a little planning, packing food for the Balanced School Day can be simple and successful!



Think of nutrition breaks as “mini-meals”. Pack two small meals rather than two large snacks.

Aim to include three (3) to four (4) food groups from Canada’s Food Guide in each mini-meal. Children that enjoy healthy foods and beverages have the energy and nutrients they need to work and play to the best of their abilities.

Involve the Experts!

Talking with your child can help you decide what and how to pack food for the Balanced School Day. Find out what types of foods they enjoy most and have them help pack their lunch. Ask about the types of activities they do at school. Start with simple tasks!

You may find it helpful to divide foods into separate containers for each break. This is an easy task that children can easily help with.

Children on the Balanced School Day timetable need the same amount of food in the day as other children do.

Planning Tips!

- Label containers #1 and #2 or Break One, Break Two.
- Put dividers in the lunch bag. Children can eat everything above the cardboard at Break One (1) and eat the rest at Break Two (2).
- Cut sandwiches in half and pack in separate containers.
Leave one half for each break.
- Foods that are packed in an insulated bottle/jar may be hotter and taste better if they are eaten at Break One (1).
- Cold foods like juice and yogurt can be frozen to help them last to the second break.



It does not matter which foods your child chooses to eat at each break. It is more important that they have eaten a variety of foods from Canada's Food Guide during the day.

Check this out to see how you can pack the same lunch 3 ways!

Example 1: Morning Snack and Lunch		Example 2: Lunch and Afternoon Snack		Example 3: ½ Lunch and ½ Lunch	
Break #1	Break #2	Break #1	Break #2	Break #1	Break #2
Muffin Fruit cup White milk	Whole tuna sandwich Baby carrots Yogurt Water	Whole tuna sandwich Fruit cup White milk	Baby carrots Yogurt Muffin Water	½ tuna sandwich Fruit cup Yogurt Water	½ tuna sandwich Baby carrots Muffin White milk

Adapted with permission from Regional Niagara Public Health Department, Algoma Public Health Unit and Perth District Health Unit.

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