

## **RUNNING OUT OF IDEAS FOR LUNCH?** *CHECK OUT HEALTHY LUNCHESES TO GO*

Parents, students and working individuals are hungry for lunch ideas. Dietitians of Canada invites you to visit its Healthy Lunches to Go section ([http://dietitians.ca/public/content/resource\\_centre/feature\\_group\\_topics.asp#eatwell](http://dietitians.ca/public/content/resource_centre/feature_group_topics.asp#eatwell)) and discover tips and recipes to make your job of packing healthy and delicious lunch a little easier.

“Packing a healthy lunch takes a little planning and creativity, but it’s worth it when you open your lunch bag and find something truly delicious” says Mary Sue Waisman, dietitian. “If you’re on the hunt for new lunch ideas, Healthy Lunches to Go is the place to be.” The Healthy Lunches to Go site offers nutrition information, tips and recipe ideas. It also looks at some of the roadblocks we all face in making healthy lunches part of our daily routine, and suggest solutions.

### **What you’ll find on the site:**

- ~ *Tips to prepare lunches when you’re short on time such as keeping supplies handy and keeping your pantry stocked so food is there when you need it*
- ~ *How to add variety to your lunches and follow Eating Well with Canada’s Food Guide*
- ~ *How to read nutrition labels*
- ~ *What to do if you have food allergy and what food are most commonly associated with allergies*
- ~ *How to keep food safe*

### **In addition, the site has an interactive zone wither consumers will find:**

- ~ *Video clips with quick, easy and practical ideas*
- ~ *Interactive tools to help plan meals*
- ~ *Games and quizzes to test your nutrition knowledge.*

Dietitians of Canada represent almost 6,000 dietitians across Canada and is committed to promoting the health and well-being of consumers through food and nutrition. For trusted information on nutrition and healthy eating and to register to receive DC’s regular nutrition updates, visit Dietitians of Canada award winning website at [www.dietitians.ca](http://www.dietitians.ca)