

Safety... it's vital

For more information contact The Canadian Blood Services in your community or call:

1-800-668-2866



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EDUCATION 2000

A full stomach is the best educational tool parents can give to their child

Children who go to school hungry are less likely to learn and more likely to cause problems

NC— It is hard to think on an empty stomach.

That is why it is so important for parents to prepare healthy breakfast, lunch and snacks for their children.

MAKE EACH BITE COUNT

Lunch is a close second to breakfast to being the most important meal of the day. Everyone needs a midday refuel to keep brains working and bodies moving. Here are some basic ideas to fill your child up with good nutrition:

- Count to four: include all four food groups in every lunch (grain products, vegetables and fruit, dairy products and meat and alternatives)

- Give your child milk (white or chocolate) or unsweetened juice in place of fruit drinks or pop. Children need at least two cups of milk (plus other milk products) each day.

KEEP IT INTERESTING

In order to get all the proper nutrients, parents must put a variety of food

from the four food groups into a lunch.

This will also help keep your child interested in the lunches you make. If your child wants the same thing every day, such as a ham sandwich, try varying the bread.

AFTER SCHOOL MUNCHIES

When the bell rings at the end of the day, many children's tummies are grumbling.

Snacks are important sources of energy and nutrients to help children grow. Although snack foods and sweets such as chocolate, candy and potato chips can be part of a healthy diet, it's important to limit how often they are eaten.

Keep simple nutritious snacks around the house or send them with your child to eat on the way home from school. (Remind them to brush or rinse their teeth with water after eating.) Here are some after school munchies:

- Celery, fennel or carrot sticks with dip.
- Trail mix or roasted chick peas



PHOTO/NC

Behavioural and discipline problems are reduced when children have been properly fed.

- Banana and peanut butter rolled in a tortilla

Facts on child hunger

- Child hunger is not just a poverty issue — in a survey, 40 per cent of 10 year olds went to school without breakfast.
- Children don't eat nutritiously for a number of reasons including: lack of adult supervision at mealtimes, poor

- nutritional role models and lifestyle.
- Teachers know kids learn best when they have eaten a nutritional breakfast.
- Behaviour and discipline problems are reduced when children have been properly fed.



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