

## HEALTHY EATING CHOICES

Here are some healthy eating suggestions for you as our school is Nut Free aware. Please take the time to read them as there are some great suggestions on here.

*Lunches to Go* (Vancouver Coastal Health Authority) <https://vch.eduhealth.ca/PDFs/BB/BB.203.L86.pdf>

*Peanut & Nut Aware Lunches & Snacks* (Northern Health Authority)  
[https://www.northernhealth.ca/sites/northern\\_health/files/health-information/health-topics/healthy-eating-schools/documents/peanut-and-nut-aware-lunches-and-snacks.pdf](https://www.northernhealth.ca/sites/northern_health/files/health-information/health-topics/healthy-eating-schools/documents/peanut-and-nut-aware-lunches-and-snacks.pdf)

*Snack Master* (Northern Health Authority) \* note that this handout contains peanut butter as a suggested protein choice. [https://www.northernhealth.ca/sites/northern\\_health/files/health-information/health-topics/nutrition-children-youth/documents/snackmaster.pdf](https://www.northernhealth.ca/sites/northern_health/files/health-information/health-topics/nutrition-children-youth/documents/snackmaster.pdf)