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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
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Kids School Lunches – 13 Alternatives To Promote Healthy Eating And Avoid Fast Food

By Helen Thompson

For parents, providing your kids with healthy, nutritional lunches that they find interesting can be quite a challenge. The "if it is good for you then it must be boring" mentality makes this particularly challenging and you have such favorites as lollies, sweets and fizzy drinks to compete with.

Don't despair, it can be done and here are 13 alternatives to get you started. Instead of...

1. High fat savoury biscuits — why not try

* Plain dry crackers, rice cakes, corn thins or Scottish oatcakes.

* Raw carrots or celery cut into small pieces are also an excellent choice.

2. Pies, pastry or sausage rolls — why not try

* Meat or cheese sandwiches or pasta with mince beef sauces (you can buy wheat/gluten free bread and pasta if required).

* Tuna and sweetcorn.

* Brown rice (or white) with tuna and roasted vegetables.

* Falafel (Lebanese delicacy made from chick peas).

3. Processed meats such as frankfurters, salami or other — why not try

* Mince burger (home made), lentil burgers or bean burgers.

* Leftovers from main meals.

* Quality ham (e.g. Virginia) or cooked bacon, which has been grilled, and the fat/rind removed.

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* Quality sausages that are mostly meat and not too fatty (gluten free sausages are a great alternative if you can find them).

4. Biscuits (cream filled or chocolate) — why not try

* Crackers or plain sweet biscuits, oatcakes, rice crackers or rice cakes.

You can make these interesting by having different toppings like tuna and sweet corn or avocado (too much avocado may be regarded as fattening).

5. Chocolate / candy bars – why not try

* Cheese cubes or dried fruit or yoghurt with fresh fruit to add to it.

* Dairy products may make you feel bloated, so sheep's or goat's yogurt make a great alternative to cows yogurt and have a different texture and taste. They are less bulky and easier to digest).

6. Muesli bars and breakfast bars (these are often full of sugar and preservatives) — why not try

* Fresh fruit such as grapes, melon cubes, oranges or mandarins/satsumas.

* Nut muesli bars (check the ingredients first though).

7. Cordial or fizzy drinks — why not try

* Water is the best option to add to any lunch box.

* Dairy, soy or rice milk are also good alternatives.

8. Chocolate spreads — why not try

* Sesame seed spread (tahini).

* Humous.

* Dip such as yoghurt, avocado or one that you make yourself, dipping for example, pitta bread or cut up vegetables.

9. Lollies / sweets — why not try

* Dried fruit, nuts and raisins.

* Make a nibbles bag with a variety of nuts and dried fruit and add sesame, pumpkin and sunflower seeds.

10. Chips / crisps or hot chips — why not try

* Hot homemade soups with the addition of sunflower, pumpkin and sesame seeds.

* Pecan nuts, almonds and flax seed are all great snacks as they are high in essential fatty acids and are best eaten raw (cooking them can destroy the essential fatty acid component).

The best way to encourage your children to eat these is to add them to soups as an alternative to croutons and to sprinkle them on yoghurt and cereal/muesli in the morning.

11. Fruit leather straps – why not try

* If you have your own fruit drier, then you can dry the fruit yourself.

* Fresh fruit, plain dried fruit e.g. sultanas, dried apricots, mixed nuts, 100% fruit bars.

12. Donuts — why not try

* Raisin bread (you can buy wheat free raisin bread if required).

* Muffins.

* Flapjacks.

* Scottish oatcakes with a banana.

* Tuna and sweetcorn.

13. Potato crisps, corn chips, or similar snack food – why not try

Rice crackers, or rice cakes with a homemade dip or spread, or a bought one as long as it has a low fat content.

Helen Thompson is a qualified child care worker (Nursery Nurse) and Brain Gym® consultant who has spent many years working with children aged between 0 – 8 years. Her website at

<http://www.ChildLearningSupport.com>

includes recipes, craft activities and more.

Food Safety 101

By News Canada

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(NC)—Bagged lunches are healthy, economical and nutritious. But they also pose the threat of hosting harmful bacteria, unless food is handled and packed properly. Use the following tips as your study guide for "Food Safety 101":

- Spill-proof, seal-able bags are a must for transporting and storing food safely. Stock up on these items to keep leftovers ready for the lunch box.
- Preparing lunch the night before is a great time-saver. Store lunches safely in the refrigerator overnight.
- Prepare a clean surface for lunch packing. Wash your hands, utensils and counter with hot, soapy water to destroy bacteria.
- Sandwiches are a popular lunchtime staple: look for lunchmeat with a reputable brand name to ensure food safety. Maple Leaf, for instance, has made food safety a top priority and is committed to providing customers with the highest standards of food safety assurance.
- Consider using an insulated travel bottle. It will keep leftover soup, chili or stew safe and hot until you're ready to enjoy it.
- Look for a freezer gel pack and an insulated lunch box. These items will keep foods like sandwiches cool until lunchtime, preventing bacterial growth.
- Store your lunch in a refrigerator at work or school, if possible. If not, avoid leaving your lunch in direct sunlight or near any heat source.

Congratulations, you are now a "Food Safety 101" graduate. You are certified to pack safe bagged lunches, and to teach your favourite students about the importance of food safety. For graduate-level food safety tips, visit

www.mapleleaf.com

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