

NUTRITION BITS AND BITES

Eating during Summer Vacation



Batch Cooking to the Rescue

Batch cooking means making a large amount of a meal or food and freezing portions for later use.

This can be a great option for kids home alone as they can just “heat and eat”

Soups, stews, muffins, breakfast burritos, casseroles, egg cups, waffles and pancakes can all be frozen and re-heated as needed.

Balanced eating in the Summer

Summer break is soon upon us and this sometimes leads to less structure around our eating habits. Children, especially those old enough to be alone, may not eat regular meals in the day but prefer to snack or “graze” on whatever they can find. Often convenience foods are the stand by for quick meals for independent eaters home alone. These food items tend to be high in saturated fat, low in fibre and lacking variety.

What to have instead

Balance is key! It can be helpful for parents to have a variety of food items available to provide long lasting energy, good sources of vitamins and minerals, as well as tasty and easy to prepare for young chefs. Try making a list of simple snack and meal ideas kids can create on their own and have these listed for reference in the summer. Also, it may be wise to spend some time in the evening or weekend prepping items to have on hand for when they are home alone during the day.

Final Message:

As parents, we have to provide children with the tools and knowledge to help them make their own balanced meals as they become more independent. This will give them a jump start to healthy eating as they grow into adults.

Looking for more ideas on cooking with kids? Check out unlockfood.ca and search children’s nutrition to find great articles and recipes

Easy Breezy Smoothie Packs

Smoothies are a great option for breakfast or snack time that older kids can quickly and safely make on their own. Gather ingredients together and make these smoothie packs that can be frozen and used at a later date. Just add the liquids and blend away!

Into each ziplock bag add:

- 1 banana
 - ½ cup of other fruits (berries, pineapple, melon, etc)
 - 1 cup spinach or kale leaves
 - + add ins that you enjoy such as chia seeds, hemp hearts, ground flax, coconut, cocoa powder, protein powder, etc.
- Place ziplock bags into freezer.

When ready for a smoothie- pull out 1 ziplock bag of ingredients and put into blender
add in 1 cup of milk or preferred liquid plus
½ cup of Greek yogurt.
Blend until smooth and Enjoy



* Get creative with combinations and try different add ins to create new flavours. *

- Smoothie packs are a great way to extend the life of fruit that is ripe. Freezing fruit helps to stretch your food dollar and prevent food from ending up in the garbage

The pitfalls of “grazing” during the day

When children snack or graze throughout the day they may choose foods that lack variety. Often mindless eating tends to blunt appetites for balanced meals later on in the day.

Instead of constant snacking, try to set up an established snack and meal routine and include a variety of foods each time.



Scan the QR code for more tips on eating while on vacation

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

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