

Make Mornings Easier

Mornings can be very stressful and rushed. Many families need lunch ideas that their children will actually eat. Reduce stress in your morning routine by getting lunch ready the night before. Get your children involved! They will be more likely to eat their lunch if they help make it.

Lunch really does matter. The average child eats more than 2,000 lunches between grades 1 and 12. A healthy lunch helps your child grow, develop and do better in school. Just as a car needs gas to run, a child needs food to fuel his/her body.



Looking for school lunch ideas?

- Whole wheat crackers, hard cheese and an apple
- Tuna pita (tuna, sliced grapes, mayo, whole-wheat pita) and Greek yogurt
- Mini pizza (whole wheat English muffin, pizza sauce, meat, vegetables and grated cheese), orange segments and chocolate milk. Send parts of pizza in separate containers so your child can put it together.
- Homemade lunch kits (crackers, cheese, ham), cut-up vegetables and dip.
- Mini shish kabobs (cubes of meat, cheese, pineapple on toothpicks), mini pitas and yogurt drink.
- Hummus, crackers, bite sized vegetables and milk

Limit foods like potato chips, candy, chocolate or pop. You can send small treats once in a while if you also have foods from Canada's Food Guide.

Super School Snacks.

Snacks will help give your child energy until mealtime. They also give a boost of energy for homework or after school play. Pack snacks for recess and after school activities.



Did You Know?

One can of pop (355 ml) has 9 teaspoons of sugar. Try water, milk or a thirst-quenching smoothie instead. Reduce the sugar in chocolate milk by mixing equal amounts of white and chocolate milk in a thermos.

food of the month

Greek yogurt is thicker and creamier than regular yogurt. Some brands even have twice the amount of protein.

Not all Greek yogurt is created equal. Some kinds are higher in fat than others. Buy yogurt with 2% M.F (milk fat) or less. You will find this information on the front of the yogurt container.

Use Greek yogurt to make dips or spreads. Enjoy it for breakfast, as a snack or for dessert. Try using plain Greek yogurt instead of sour cream in recipes.

In Your Sobeys Store

You will find Greek yogurt in the dairy section of our store. You will also find it in the refrigerated section of the Natural Source department in many of our stores.

Visit your Sobeys Pharmacy. We have many PROfile brochures on children's health topics.

Talk to your Sobeys Pharmacist or Dietitian for breakfast ideas that are quick, easy and fun.

Crunchy Granola Parfaits

Serves 8

Ingredients:

1½ cups (375 ml)	Rolled oats
¼ cup (60 ml)	Chia seeds
¼ cup (60 ml)	Walnuts, chopped
¼ cup (60 ml)	Applesauce
1½ tsp (7 ml)	Cinnamon
½ tsp (2 ml)	Nutmeg
½ tsp (2 ml)	Allspice
2½ cups (625 ml)	Greek Yogurt, vanilla, fat free

Directions:

1. Preheat oven to 325° F.
2. Mix oats, chia seeds and walnuts together in a large mixing bowl.
3. Whisk applesauce and spices together in a small bowl. Pour over oat mixture and mix until well coated.
4. Line a cookie sheet with parchment paper. Spread mixture over paper.
5. Bake for 15 minutes. Stir granola and bake for another 15 minutes. The granola will be dry and golden brown when done.
6. Portion yogurt in each dish. Serve ¼ cup granola over the top.

Nutrition Information per Serving:

Calories	214
Fat	6 grams
Carbohydrate	30 grams
Fibre	6 grams
Protein	10 grams
Sodium	24 milligram

It's Time for Bed

Your Sobeys Pharmacist knows the importance of a good night's sleep. "Healthy" sleep requires several things including routine, a sufficient amount of sleep, uninterrupted sleep, and a schedule that is in sync with a child's internal clock. Your child can become sleep deprived if any of these is not optimal.



Marc Wass states in his book, *Healthy Sleeping Habits*: "Sleep is the power source that keeps your mind alert and calm. Every night and at every nap, sleep recharges the brain's battery. Sleeping well increases brainpower just as weight lifting builds stronger muscles, because sleeping well increases your attention span and allows you to be physically relaxed and mentally alert at the same time. Then you are at your personal best."

Pharmacists are regularly asked "How much sleep does my child need?"

Age	Average Hours of Sleep per Night
3 - 6 years	10 - 12 hours
7 - 12 years	10 - 11 hours
12 - 18 years	8 - 9 hours

How can you tell if your child is getting enough healthy sleep? Watch your child's behavior. Does he/she have trouble paying attention? Is he/she less mentally alert, cranky, easily distracted, lazy or sleepy during the day? While there may be medical conditions associated with such behaviors, your child may not be getting enough healthy sleep.

Waking up can be difficult for some children. Mornings can be stressful and rushed in any home, even with a healthy night's sleep. Breakfast is often ignored or it becomes quick and unhealthy as a result. A healthy breakfast is very important for mental performance, concentration and alertness. It also contributes to optimal development and growth.

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