



Back to School – Back to Basics with Grains

Holidays are over! It's back to school and hectic family schedules. However, it's important to remember that we need to include healthy food choices and physical activity in our daily routine. Including foods from all four food groups in Canada's Food Guide to Healthy Eating is a good start. Here are some fun and easy ways to make sure Grain Products are part of your day.

Getting a good start – breakfast matters

- Hungry children do not learn as well – children who eat breakfast are more likely to do better in school.
- Without a source of energy, children can be sluggish – with a source of energy, children can participate in all school activities with enthusiasm.
- Studies have shown that children who eat breakfast are less likely to be overweight.
- Breakfast doesn't need to take a lot of time; breakfast on the go can be healthy.

Try some quick on-the-go breakfasts:

- ☞ Choose a bagel with cheese and drink a glass of orange juice.
- ☞ Spread peanut butter on a flatbread and wrap it around a banana; add a glass of milk and this healthy breakfast will contain all four food groups.
- ☞ Put scrambled eggs into a pita bread pocket and add an apple on the side.
- ☞ Top a slice of fruit bread or a crusty baguette with cream cheese and sliced strawberries; enjoy a yogurt with this breakfast.



Make healthy lunches easy

- Make sure lunches include three of the four food groups.
- Provide foods that contain both energy and nutrients, not just empty calories.

Tips to make healthy quick lunches:

- ☞ Use leftover grilled chicken or beef, add shredded cheese, salsa and lettuce and wrap it all up in a flatbread.
- ☞ Make sandwiches on Sunday for the whole week – use a variety of cold cuts, cheeses, and different breads. Wrap each up in plastic wrap and freeze. Take one out each morning and you will have a fresh sandwich each day. Do not use mayonnaise based fillings when freezing sandwiches.
- ☞ For a change, try leftover pasta – heat in a microwave and store in a thermos for lunch or take a cold pasta salad.
- ☞ On cold fall and winter days, a thermos of hot soup or chili with a whole grain bun on the side will hit the spot.
- ☞ For added convenience, buy bagged salad - add canned tuna and low fat salad dressing and enjoy with a whole grain bagel or bread.



Discover the fun and enjoy the tastes of bread

- There are many varieties of bread on the market today – change the flavour of your sandwich or meal by changing the bread.
- Enjoy a mix of whole grains and enriched breads.

Try some different varieties of breads like:

- ☞ Whole grain buns and breads;
- ☞ Italian-style breads and rolls like crustini, ciabatta, panini and focaccia;
- ☞ Flatbreads like tortillas and pita breads;
- ☞ Crisp breads and melba toast;
- ☞ Quick breads like English muffins.



Quick grains for dinner

- Including grains in your dinner can be easy and quick – pasta, couscous, and rice all take less than 20 minutes to prepare.
- Involve the kids in planning and preparing dinner.
- Cook in bulk and freeze the extras for a later date – foods like soups, chili, and stew all freeze well; serve with your favourite bun or bread and you have an instant meal.

Try some of these easy recipes for your next dinner.

Chicken Sandwich Melt



*In a rush –
how about a
Chicken Sandwich
Melt with salad*

- | | |
|------------------|---|
| 4 slices | 100% whole wheat bread |
| 8.5 oz (250 g) | boneless, skinless chicken breast, cooked and chopped |
| 2 tbsp (30 mL) | light mayonnaise or salad dressing |
| 1/2 cup (125 mL) | grated part skim mozzarella cheese |
| 1/4 cup (60 mL) | minced green onion |

In a bowl, combine all ingredients except bread.

Spread all ingredients on bread to make 4 open-faced sandwiches. Bake in oven for 20 minutes at 200°C (400°F). If desired, top with chopped dill pickles, lettuce, tomato or sprouts before serving. Serve with your favourite salad.

Makes 4 sandwiches.

Per sandwich: Calories 272, Protein 28.9 g, Total Fat 8.6 g, Carbohydrates 22.1 g, Fibre 3.2 g

Rotini Beef Chili



*On a cold night
try some warm
and healthy
Rotini Beef Chili*

- | | |
|----------------|-----------------------------------|
| 1 pkg (375 g) | rotini pasta |
| 1 lb (500 g) | lean ground beef |
| 4 | cloves garlic, minced |
| 3 | onions, chopped |
| 1 can (796 mL) | tomatoes |
| 1 cup (250 mL) | pasta sauce – your favourite |
| 1 cup (250 mL) | water |
| 2 tbsp (30 mL) | chili powder |
| 1 tbsp (15 mL) | salt |
| 1 can (540 mL) | kidney beans, drained |
| | Shredded cheddar cheese to taste. |

Cook rotini according to package directions. In a large saucepan, brown beef with garlic and onions. Stir in tomatoes, breaking apart with fork. Add pasta sauce, water, chili powder and salt. Simmer covered for 35 minutes. Add beans and cook 10 minutes longer. Stir rotini into chili mixture; heat through. Serve topped with cheddar cheese.

Makes 8 portions.

Per portion without cheese: Calories 525, Protein 26.6 g, Total Fat 9.2 g, Carbohydrates 84.0 g, Fibre 7.5 g, Folic Acid 200.9 µg

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