

October 2009

## Health Matters

### Litter-less Lunch

What's needed for a litter-less lunch?

1. **Lunch bag** – insulated, easy to clean, large enough to hold lunch and snack containers, may contain separate compartments for hot and cold food
2. **Lunch and snack containers** – variety of sizes that are easy to open, a thermos helps to keep hot foods hot and cold foods cold, microwave safe container for placing in the microwave, leak proof and airtight for liquid foods and drinks
3. **Napkins** – cloth, colours or patterns that hide the stains
4. **Cutlery** – lightweight bamboo or stainless steel cutlery
5. **Water bottle** – help your child to stay alert at school by providing a reusable water bottle for lunch and other breaks



Label all items to help locate items that are left behind. There are companies that produce labels that are dishwasher and microwave-safe.

Avoid single serving containers and buy in bulk or in large packages. Use your lunch and snack containers to create single servings.

Shop around the perimeter or outside aisles of the grocery store and buy locally produced, whole foods, e.g. fruits and vegetables, whole grain bread, and milk products.

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#### North Vancouver Recreation Commission – "Play Well, Eat Well Project"

The healthy choice is now the easy choice at recreation centre facilities in North Vancouver. Check out the choices available in the vending machines and other areas where food and drinks are sold or served. Congratulations on supporting the health of our community!

#### Feeding the Future: Stories and Images from the New Frontier of Food and Agriculture

Michael Ableman, celebrated farmer and author of "Fields of Plenty",  
Centennial Theatre, North Vancouver, **Wednesday, October 21, 2009 at 7:30pm**

Tickets: \$10, available from the Centennial Theatre Box Office at 604-984-4484 or

[www.centennialtheatre.com](http://www.centennialtheatre.com)

For more information please go to [www.ediblegardenproject.com](http://www.ediblegardenproject.com)

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or [Kathy.Romses@vch.ca](mailto:Kathy.Romses@vch.ca). If you have general nutrition questions, call **Health Link at 811** and ask to speak to a dietitian or visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca).