



Fruit snack  
Collation aux fruits

# IDEAS FOR A HEALTHY LUNCHBOX

When it comes to preparing lunches for school or day camp, it can be challenging to find healthy, nutritious food that kids will actually eat. Here are some tips from GOGO SQUEEZ for preparing a healthy lunchbox.

- For lunches, simply use a portion of the daily recommendations in Canada's Food Guide. That means a minimum of two servings from the Fruit and Vegetables group, one to two servings from the Grain Products group, one serving from the Milk and Alternatives group, and one serving from the Meat and Alternatives group.
- No fresh fruit on hand or simply too rushed in the morning? A **GOGO SQUEEZ** in the lunch box will fit the bill. **GOGO SQUEEZ** products are 100% real fruit. They are only 60 calories for a balanced, fat-free snack, with 14 grams of carbohydrates and 1 gram of dietary fibre.
- Get creative! To delight your child **use cookie cutters to shape** sandwiches, pieces of cheese, or vegetables like cucumbers.
- Don't hesitate to vary the vegetables, both in sandwiches and on the side. Everything should be **as colourful as possible** to stimulate your child's interest at mealtime. A good variety will help children get all the vitamins and minerals they need.
- Always include at least **one dairy product**: a piece of fat-reduced mozzarella string cheese, Greek yogurt, a carton of milk, etc.
- **Several vegetables now come prepared** (celery, carrots, cherry tomatoes and mini-cucumbers), which speeds up making lunches on busy mornings.
- Speaking of the morning rush: more and more parents are **preparing lunches the night before**. When we have more time, we make better choices.
- Whenever possible, try to **opt for lean meats**, such as chicken, turkey or fish. Avoid meats containing preservatives, which are harmful to health.
- Why not try vegetarian products made from soy and wheat? You can easily find meatless salami, ham and pepperoni at the grocery store. These products **can pass incognito** and the children won't even notice that it's not real ham in their sandwich.
- For dessert or a snack, put a tasty, nutritious **GOGO SQUEEZ** fruit snack in your child's lunchbox, equivalent to a serving of fresh fruit.
- With children, it is better to go slow and **not introduce too many new foods in the lunch box**. Instead, try out a food at home a few times, and if it is enjoyed and well tolerated, then add it to the lunch box.



## ABOUT MATERNE

Established in what is known as the apple country in Picardy, France, **MATERNE** is the world leader in fruit transformation. Innovation is at the heart of the company with **GOGO SQUEEZ** being its latest fruit snack category, which completely revolutionized the traditional applesauce market. Its squeezable pouch filled with 100% fruits delights young and old in more than 30 countries and is the top-selling product in its category in Canada, the United States and France. The **GOGO SQUEEZ** collection comes in Canada in 6 flavours, all 100% fruits and 100% playful.