Nutrition Bits and Bites!

Healthy Eating On-The-Go

The Hustle and Bustle

For most of us, life is often busy with work, school, and children (plus all of their extracurricular activities!). Busy lives can make it a challenge to eat healthy on a regular basis. For some families, grabbing some fast food in the morning, or on the way home from work or school occurs several times throughout the week. This might sound like a quick and easy solution, however the food purchased is typically less beneficial to your health and your wallet!

Nutrition Quality

Fast food restaurants and gas stations contain many ultra-processed food items. Some processing is required to prevent food poisoning and preserve shelf life, however it also makes food extremely appetizing. These ultra-processed food products are far from their original state, resulting in the loss of many nutrients. Therefore, it's best to be proactive by planning ahead and preparing whole foods at home!

Grab & Go's

There are many healthy food options that can be used when on the run or in a pinch.

- Fruit: any kind (apples, bananas, mandarin oranges, grapes; requires little to no prep!)
- Precut vegetables with dip
- Hummus or cheese and whole grain crackers
- Yogurt Parfait (with oats and fruit)
- Trail mix (look for no added sugar or make your own)

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

Cook and Enjoy! Cooking Tips!

All-in-One Portable Meals

A simple, yet effective approach to healthy eating on the go is to make all-in-one meals! The following balanced meal ideas take away the need for utensils, condiments, and other items, and can be eaten with your own two hands on the go!

Wrap it Up!

A whole grain tortilla is a great alternative to the usual sandwich routine. Wrap up your favourite sandwich ingredients for a mess-free handheld meal.

- Peanut butter and banana, veggies and cheese, hummus and cucumber
- Scrambled eggs and spinach; tuna salad wrap with celery and red peppers

The Magic of Muffin Tins

Muffin tins aren't just for baking treats these days! They can be used to prepare batches of healthy dinner options, all of which can be eaten with just your fingers! See below for examples and a recipe!

- Mini Omelette/egg frittata; baked oatmeal cups; taco cups; mini turkey meatloaf
- Broccoli cheddar quinoa bites

Mini Egg & Cheese Tortilla Cups

Ingredients:

- 4 eggs
- ¼ cup plain Greek yogurt
- ½ cup shredded cheese
- Diced veggies (bell peppers, onions, mushrooms)
- 1 extra large whole grain tortilla
- Salt and pepper to taste

Instructions

1. Heat oven to 350°F. Cut out four small (about 3.5 inch) round circles out of the tortilla, you can use anything that has a rim; can, cup, etc. Press each tortilla into 4 greased muffin tins using your fingers. It's ok if it doesn't fit perfectly, it will balance out after you add the eggs. Set aside.
2. In a medium bowl, whip the eggs and Greek yogurt until fully combined, it's ok if it's a little lumpy, the Greek yogurt will bake into the eggs. Add half of the cheese and set half aside. Sprinkle salt and pepper to taste.
3. Pour the egg mixture equally into the prepared muffin tins on the tortillas. Then sprinkle on the veggies as desired. Bake for 10 min, after 10 min, sprinkle the rest of the cheese on the eggs. Continue baking for 3-5 minutes more or until cheese is bubbly and tortilla crust is golden. Serve warm, eat using a fork or grab one on the go!

** Refer to the Allergy Newsletter (September issue) for substitutions ideas.

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/

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