



Welcome to the Healthwise Healthy Kids Food Guide!

Today, more than ever our shops are packed with so many products for choice. But unfortunately most of these options are not healthy, and to be honest are so processed that they should not even actually be categorized as food. But what makes matters all the more complicated is marketing- no company is going to admit that their food is unhealthy, so we are bombarded with emotional marketing, making us believe that we are making healthy choices, such as ‘sugar free or low fat foods’, which are actually packed with chemical sweeteners or sugar disguised under many other names. Some of the worst things you could put into your body, or worse still that of a growing child.

Generally speaking, ignore marketing and the first thing you should do when looking at a food is check the ingredient label- the longer the list the more you should be concerned, especially with artificial foods labelled with numbers, or words you don’t even recognize. Do most of your shopping on the edges of the supermarket where the fresh food is stocked, and the health food aisle or shop. But don’t assume that everything in the health aisle or shop is actually healthy.

Here is what to look out for on a Food Label:

Nutrition Facts	
Amount	% Daily Value
Per 9 crackers (23 g)	
Calories 90	
Fat 4.5 g	7 %
Saturated 2.5 g	13 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 280 mg	12 %
Carbohydrate 12 g	4 %
Fibre 1 g	4 %
Sugars 0 g	
Protein 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %

CRACKER A

Nutrition Facts	
Amount	% Daily Value
Per 4 crackers (20 g)	
Calories 90	
Fat 2 g	3 %
Saturated 0.3 g	2 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 90 mg	4 %
Carbohydrate 15 g	5 %
Fibre 3 g	12 %
Sugars 1 g	
Protein 2 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %

CRACKER B

Serving size: indicates the standard size for one size, try and stick to this serve.

Per 100g: use the per 100g (or per 100ml on drinks) column when comparing different products.

Per serving: be careful when using the “per serving” column as you sometimes may have more than one serve.

Carbohydrate: check the amount of “sugars” in a product and for products with added sugar aim for less than 10g per 100g. Remember some healthy foods, like dried fruit, are naturally high in sugar.

Fat: look closely at the saturated fat and choose products with the lowest saturated fat content.

Cholesterol: low cholesterol, doesn’t necessarily mean low fat, so check the fat content as well.

Sodium (salt): aim to reduce the amount of salt you eat. Choose products that have less than 400mg per 100g and where possible go for foods with less than 120mg per 100g.

Fibre: choose products with more than 3g per 100g or pick the product with the highest fibre.

It’s all about balance.



breakfast CHOICES

You were most likely told as a child that ‘breakfast is the most important meal of the day.’ This is true so tell your children too! But first, let’s look at why breakfast is so essential.

- 1. Breakfast sets up your metabolism for the day**
- 2. Provides energy**
- 3. Improves concentration and prevents sugar cravings later in the day**

While most foods are better than none in the morning, the choices that you make for the first meal of the day are going to be detrimental. It is important to include a source of protein at breakfast in order to provide long lasting energy and get your active kids through their busy morning. Your choices will be dependent upon the amount of time that you have available for preparation, but suffice to say that grabbing a breakfast cereal isn’t enough. Many people feel that milk can be their source of protein and calcium but cow’s milk is not always the healthiest option so it’s a good idea to choose another source of protein.

The best choices for protein at breakfast include: Soymilk, eggs, nuts or seeds, natural yogurt (Greek has higher protein than regular).

TIP- If having cereal, add natural yogurt and some nuts to make it a complete meal.

Basically speaking nearly all processed cereals on the supermarket shelves will be high in sugar and salt and low in nutrients due to their high level of processing. Even those in the ‘health food’ aisle often have added fruit juice, which equates to- guess what? Sugar!

Weekend Breakfast Options:

Eggs: When you have some time on your hands you could make up some eggs for a healthy breakfast.

Instead of cooking them up with bread, make up poached eggs with mushrooms, spinach and baked beans.

Oats: The healthiest grain for your kids is oats, and you can cook them up quickly in the morning or night before in some type of milk (see below for Overnight Oats recipe).

Yogurt: Most commercial yogurts contain a long list of additives and artificial flavourings, especially those that are fruit flavoured. It is a much healthier option to buy natural yogurt and add your own fresh fruit.

It’s all about balance.

SOME OF OUR FAVOURITE BREAKFAST IDEAS:



Overnight Chocolate Chia Pudding

INGREDIENTS

- + 2 ripe bananas
- + 1/4 cup chia seeds
- + 1.5 cups milk or milk alternative
- + 1/4 cup carob (or cacao/cocoa powder)

DIRECTIONS

1. Put bananas into a bowl and mash with a fork
2. Add remaining ingredients. Stir until well combined.
3. Put in fridge and leave overnight.
4. In the morning, open and serve*! Top as desired - fruit, nuts, shredded coconut, etc.

* Chia pudding does have a bit of a gritty/jelly texture due to the chia seeds. I prefer my chia pudding smooth, so before I serve it I actually toss it into the blender and whiz it for a few minutes. This gives it the texture of actual pudding.

<http://sarahbester.com/breakfast-in-a-hurry-overnight-chia-pudding/>



Basic Overnight Oats

INGREDIENTS

- + One clean jar with lid
- + 1/2 cup of rolled oats (about half the jar)
- + 2 tsp of chia seeds (optional, but awesome)
- + 1 cup of milk (eg. soy milk, almond milk)
- + 2 tbsp of nuts and/or seeds
- + 1 tsp of cinnamon and/or other spices
- + 1-2 tsp of your favourite sweetener

OPTIONAL:

Some slices of fruit (again, any are possible).
All sorts of fresh or frozen berries.

DIRECTIONS

Throw everything in a jar, screw the lid on top, shake, and off it goes into the fridge. The next morning add a dash of milk, a sweetener (if you want) and enjoy.

<http://hurrythefoodup.com/how-to-make-overnight-oats-in-a-jar/>



1 SERVING

Yogurt and Granola Parfait

INGREDIENTS

- + 1/4 cup granola
- + 1/2 cup plain yogurt
(Greek yogurt has more protein)
- + 1 tbsp maple syrup

DIRECTIONS

Place the granola in the bottom of a parfait glass or dish. Spoon the yogurt on top. Drizzle with syrup.

<http://www.realsimple.com/food-recipes/browse-all-recipes/yogurt-granola-parfait>



4 SERVINGS

READY IN
15
MINS

English-Muffin Egg Pizzas

INGREDIENTS

- + 4 English muffins
- + olive oil
- + 2 hard-cooked eggs, sliced
- + tomato slices
- + grated mozzarella
- + oregano
- + kosher salt

DIRECTIONS

1. Make Hard-Cooked Eggs.
2. Toast 8 English-muffin halves and place on a cookie sheet.
3. Drizzle each with olive oil, then layer on tomato slices, hard-cooked egg slices (1/2 an egg each), and a little grated mozzarella. Sprinkle with oregano and kosher salt.
4. Broil 5 minutes or until the cheese melts.

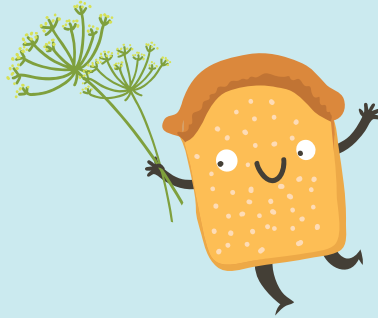
<http://www.realsimple.com/food-recipes/browse-all-recipes/english-muffin-egg-pizzas>

These mini breakfast pizzas will soon become a family favourite. You can hard-cook eggs in advance and store unpeeled in the refrigerator for a week, which will shave off plenty of prep minutes in the morning.

Protein-rich. Meat-free. Ready in less than 10 minutes. This genius trick for using up leftover hard-boiled eggs proves so delicious, we often find ourselves making a batch solely for the purpose of preparing these mini-pizzas.

It's all about balance.

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lunch CHOICES

Lunch is an important meal and good choices will help your child have enough energy and concentration to make it through the day at school. But a poor choice will leave them tired, craving junk after school and potentially even make them play up in the classroom.

The easiest lunches to prepare can involve bread, and this can be one of the most difficult choices to make given all the options. Bread is one food where marketing ploys are often misleading.

A dark bread with whole grains is the best bet as it is better for digestion, lower in sugar and contains more nutrients. The problem is that breads are labelled 'rye' for example, but will contain more wheat than rye.

Rule number one: **Always read labels!**

Bread

Most commercial breads contain wheat, even if the name suggests a healthier grain. Most also contain a long list of preservatives. Always choose the wholegrain, brown, low GI rather than refined white bread.

Tips for sandwiches: Include lettuce, alfalfa, grated carrot to ensure sandwich slices don't go soggy. Spread avocado on both pieces of bread to stop it from becoming soggy.

Deli Meats

Most deli meats are high in saturated fats, salts and contains nitrates that are associated with serious health concerns.

*Ham off the bone or Sliced Turkey are the best options as these are not processed like sliced processed deli meats and are likely to contain less salt.



sarah
BESTER



REAL FOOD SCHOOL LUNCH AND SNACK IDEAS

by Sarah Bester

<http://sarahbester.com/school-lunch-ideas/>

School Lunch

A healthy lunch is a lunch that is made up of a wide variety of Real Food.

Yes, it is that simple. Focus on feeding your kids Real Food (making sure to change it up with plenty of variety) and avoid as many of the processed and refined foods as you can, and I can guarantee that your lunches will be super healthy.

Real Food Lunch Ideas

- Quinoa (or millet) salad with your favourite add-ins: vegetables (raw or cooked), fruit, beans, meat, seafood, cheese, nuts, seeds and the homemade dressing of your choice.
- Pasta Salad: Try brown rice noodles or soba noodles for a change with your favourite add-ins: vegetables (raw or cooked), fruit, beans, meat, seafood, cheese, nuts, seeds and the homemade dressing of your choice.
- Chicken, salmon or tuna salad made with avocado or greek yogurt (curry powder is a nice addition) served on a lettuce leaf, whole grain bread or with whole grain crackers. Try adding celery, grapes, raisins or other add-ins.
- Whole grain tortilla filled with hummus and lots of raw or cooked veggies
- Caprese Salad: mozzarella, tomato, fresh basil, drizzled with balsamic vinegar
- Fajita Salad: fresh greens, topped with grilled chicken (make extra!), grilled peppers and onions with a salsa dressing (and other fajita toppings they like)
- Salmon or Tuna Cakes
- Fruit and Vegetable Smoothie (making sure to include fat and protein)
- Eggs: hard-boiled, scrambled or a frittata
- Oatmeal (it doesn't just have to be a breakfast food!)
- Pancakes (ditto!) Try using them as the "bread" for sandwiches
- Baked or sweet potato topped with cheese, beans and vegetables
- Soup or chili
- Mini pizzas: whole-grain tortillas with tomato sauce, cheese and toppings
- Sandwiches: Top unprocessed, whole grain bread with fresh meat (not processed), cheese, vegetables, spreads (hummus, sunbutter + jam or honey, pesto). Get creative with the filling - Google is a great resource for interesting sandwich ideas!
- Leftovers: The sky is the limit

It's all about balance.

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Real Food Snack Ideas

- Fresh fruit! Can serve plain or with sunflower butter, yogurt dip or make a fruit salad
- Fresh raw vegetables! Can serve plain or with hummus, bean dip, yogurt dip, pesto, or homemade salad dressing
- A half avocado: drizzle with balsamic, or fill with cheese, egg, yogurt, leftover veggies, or a mixtures of black beans, pineapple, cilantro and lime
- Dried fruit or raisins (make sure it is unsweetened)
- Applesauce (make sure it is unsweetened): serve with cinnamon
- Celery with sunflower butter and raisins or goji berries
- Air popped popcorn
- Organic edamame: can serve with soy sauce
- Mashed sweet potato: serve with apple butter and cinnamon
- Whole grain crackers: can top with sunflower butter, cheese, hummus, bean dip or pesto
- Brown rice cakes: can top with sunflower butter, cheese, hummus, bean dip or pesto AND fruit or veggies
- Small whole grain noodles (try brown rice or soba noodles) served with hummus, bean dip, tomato sauce dip or pesto
- Larabars
- Homemade granola bars made with Real Food ingredients (this recipe is a great one)
- Trail mix (homemade): nuts, seeds, dried fruit, toasted coconut
- Hard boiled eggs
- Fruit and vegetable smoothies
- Kale or other vegetable chips
- Homemade muffins, loaf or cookies (using natural sweeteners): limit to 2-3x per week
- Vegetable Fritters
- Roasted Chickpeas
- Guacamole; serve with fresh vegetables, organic baked corn chips or whole grain crackers or on rice cakes or leftover shrimp or chicken pieces
- Chia pudding
- Unsweetened yogurt + fresh fruit, nuts, seeds, coconut
- Mini chicken, egg or tuna salad wraps on lettuce
- Small portion of soup or chili
- Small portion of any salad
- Leftovers: a smaller portion, the sky is the limit

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OTHER LUNCH RESOURCES:

[Healthy After School Snack Ideas](#)
from The Humbled Homemaker (these are also good ideas for lunch snacks of course)

[Healthy School Treat Ideas](#)
by Kitchen Stewardship

[Paleo Lunchboxes](#)
by Nom Nom Paleo

[14 Healthy After School Snacks](#)
by The Lean Green Bean

[10 Bread-Free Alternative to Sandwiches](#)
by Kitchen Stewardship

[School Lunch Roundup](#)
by 100 Days of Real Food

[Healthy Real Food School Lunch Ideas](#)
by The Holistic Mama

[Thermos Tips and Tricks](#)
by The Lunch Tray - important tips for packing leftovers

[What French Kids Eat for School Lunch](#)
from MindBodyGreen - a real eye opener to the differences in cultures!

Annnnd...a reminder that we also need to just chill out:

[Your Child's Lunch Makes Me Feel Inferior](#)
by Real Mom Nutrition



dinner CHOICES

Dinner should always include a source of protein-sound familiar?!

Your best choices are:

Fish (3-4 x per week)

Chicken- (2 x per week) *Try to choose organic

Eggs

Legumes

Tofu or tempeh

Lean red meat (max 2 x per week)

Keep it simple and cook these up with a healthy serving of salad or steamed veggies. Don't go overboard with sauces or overcook your food. Grilled salmon served with steamed veggies is one of the healthiest dinners that you can feed your family.

VEGGIE FACES

Young kids are more likely to eat their food if it is fun. So try some veggie faces for dinner and make healthy food exciting. Letting your kids make up the faces themselves will encourage them to get involved and try a wider range of vegetables.



FROZEN FOODS

Let's not deny it, sometimes you are in way too much of a hurry and you are going to go for frozen food. But that doesn't mean it has to be completely unhealthy. You could go for healthy veggie burgers or a simple pizza base and add your own fresh veggies, herbs from your garden and some goat's cheese.

Remember that when you thaw foods that you do lose some of the nutrient content. So while not ideal, whipping up something quick at home is still better than opting for takeaway or fast food. Some good frozen foods to have on hand to spice up a meal or snack include:

Berries, peas, corn, plain pizza bases, veggie burgers.

*Prepare a few different meals at a time when you have a quiet afternoon and freeze them to grab and heat up when you are in a hurry.

* Most brands of frozen food meals have a lot of preservatives and additives. Even vegetable mixes that claim to be healthy still have a lot of additives so check your labels.

It's all about balance.



Next are some of Flight Centre Canada's **hard working parent's favourite recipes!**

Thanks to all that contributed.

If you guys can do it, it gives us all hope that we can have a balance, come to work & get dinner on the table for the little ones. If you have any favourite recipes please email anna.fisher@healthwiseglobal.ca and we will add them to our second edition.



Pita Pizzas

Pita pizzas are on the regular rotation in our house. Add tomato paste, protein of choice (ham/salami/roast chicken etc), veggies (tomato, spinach, mushrooms), top with cheese (we freeze pre-grated cheese & throw it on frozen), pop them in the oven for 15 mins & they are done. They are totally customizable if people have different tastes & so easy to make.

+ TIP - use cherry tomatoes instead of regular toms, cut in half & place cut side up/skin side down so the pita doesn't get soggy from tomato juice.

Tanya Alders - Financial Analyst Flight Centre Canada



Quesadillas

Easy weeknight meal which they can also help cook, I use the veggie or multigrain tortillas with shredded cheese inside (any will do but my guys like the mozzarella with kraft cream cheese as it melts best!!)... and I add in ham for them too.

INGREDIENTS

- + Tortillas (Large, Multigrain / Vegetable)
- + Shredded Cheese (Any)
- + Ham/Chicken/Bacon
- + Plus whatever else your kids will eat (corn, tomatoes, spinach etc)
- + Sour cream, ketchup or ranch for dipping sauces

DIRECTIONS

Heat a nonstick large frying pan, spray with Pam (optional), lay a tortilla in it and add preferred ingredients to half of it, fold it over and cook for 2 minutes then flip and cook for 3 more minutes on the other side until done and melty.

Lisa - HR & Recruitment Manager Flight Centre Canada

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Korean Beef Bowl

Tastes like Korean BBQ and is on your dinner table in just 15 min from start to finish! Seriously. It doesn't get any easier than this!

INGREDIENTS

- + 1/4 cup brown sugar, packed
- + 1/4 cup reduced sodium soy sauce
- + 2 tsp sesame oil
- + 1/2 tsp crushed red-pepper flakes, or more to taste
- + 1/4 tsp ground ginger
- + 1 tbsp vegetable oil
- + 3 cloves garlic, minced
- + 1 pound ground beef (or ground chicken)
- + 2 green onions, thinly sliced
- + 1/4 tsp sesame seeds

DIRECTIONS

1. In a small bowl, whisk together brown sugar, soy sauce, sesame oil, red pepper flakes and ginger.
2. Heat vegetable oil in a large skillet over medium high heat. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
3. Stir in soy sauce mixture and green onions until well combined, allowing to simmer until heated through, about 2 minutes.
4. Serve immediately, garnished with green onion and sesame seeds, if desired.

Jennifer Cairns – ATL Stage & Screen



Thai Peanut Pasta

INGREDIENTS

- + 12 ounces linguine
- + 4 cups vegetable broth
- + 1/2 cup water
- + 1 tbsp brown sugar
- + 4 cloves garlic, thinly sliced
- + 1 tbsp tamarind paste
- + 1 tbsp soy sauce (and/or fish sauce, if desired)
- + 1/2 tsp red pepper flakes
- + 2 inches of a ginger root, sliced into 1/4 inch slices
- + 1 large carrot, peeled and cut in 1/4 inch by 2 inch pieces
- + 1 red bell pepper, cut in 1/4 inch by 2 inch pieces
- + 3 green onions, sliced in half lengthwise and then in 2 inch pieces
- + 1 cup roasted salted peanuts, chopped
- + 2 tbsp peanut butter
- + Add at the end of cooking:
- + One small bunch of cilantro, diced (flat leaf parsley will work in a pinch)
- + Juice of one lime

OPTIONAL GARNISHES

- + Chopped peanuts
- + Mung bean sprouts

DIRECTIONS

1. Place all ingredients except cilantro and lime juice and garnishes in a large stockpot. Cover pot and bring to a boil.
2. Reduce to a low simmer and keep covered and cook for about 10 minutes, removing lid and stirring every 2 minutes or so. Cook until pasta is al dente and almost all liquid has evaporated – 1 left about an inch of liquid in the bottom of the pot – but you can reduce as desired.
3. Season to taste with salt and pepper, stirring pasta several times to distribute the liquid in the bottom of the pot.
4. Remove slices of ginger and stir in cilantro and lime juice. Dish up the pasta and then sprinkle on garnishes as desired.

<http://www.apronstringsblog.com/one-pot-wonder-thai-peanut-pasta-recipe/>

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French Bread Pizzas

Take a long French baguette (multigrain) and cut in half length ways and then half again across, so you have four slices.

Spread on some pizza sauce and then add whatever usual Pizza toppings you want (my boys like making these themselves).

Put under the grill/broiler for 5 minutes until all the cheese is melted.

Lisa - HR & Recruitment Manager Flight Centre Canada



Breakfast for Dinner

For us breakfast is short and quick as they have to get to daycare and we have to get to work, so they have cereal / bagel / toast, fruit and a yogurt drink... then at the weekends we're full on with sports and play dates/ parties and errands so it's much the same. But everyone likes a good cooked breakfast so we make it once a week for dinner instead.

Eggs, bacon, toast/waffles, baked beans (sometimes!!)

Pancakes and bacon and maple syrup

(Eggs are either fried or poached and I cut the toast up into 'soldiers' so they can dip it in the yolk - they don't much like the egg white yet so this is the best way to get them to eat any eggs).

Lisa - HR & Recruitment Manager Flight Centre Canada



tips

I also have a menu board, I plan the Sunday - just an old photo frame and I use the chalkboard pens (from the dollar store) - one day the hubby might look it and start what I have planned, but that has not happened :)

Jennifer Cairns - ATL Stage & Screen

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4 SERVINGS

Shrimp Taco's

Kraft Sundried Tomato & Oregano salad dressing marinade. It's a super great quick marinade for all meats. I've done with chicken, pork and shrimp.

DIRECTIONS

1. Thaw whole bag of shrimps, take off the shells and tails.
2. In a bowl, squirt like 1/3 of the dressing, add spices for extra flavour. I usually add garlic powder, sea salt, pepper, and more oregano.
3. Dump the shrimps in that for 10 mins. Then pour the whole mixture into a frying pan on medium. Saute until pink/cooked.
4. Then do up the rest of your taco toppings, guacamole, tomatoes, cheese, lettuce, etc. voila.

Kim McArthur - Finance Canada



Lemon Garlic Tilapia

There are a few variations of putting the ingredients together, but this is the jist of it.

DIRECTIONS

Thaw fish. Take one lemon and grate the zest into a bowl. Add spices, oregano, sea salt, pepper, garlic powder. Whisk together. Juice the lemon you zested and leave for later. Pat fish dry and then pat into the spices. On medium heat frying pan, melt a good 2 tablespoons of margarine. Then add fish. Cook 4 mins on one side, flip and add lemon juice at this time. Cook another 3-4 mins. Service with rice, pasta, French fries, hash browns, and of course veggies, lol. The key to the fish is the lemon zest. Without it, it's just plain fish!

This lemon garlic biz, I do also with shrimps and pasta. First bowl water for pasta. In a bowl, I do the lemon zest, spices, add shrimps. When the pasta is 5 mins from being ready, then in med frying pan, I put like 2-3 tablespoons of margarine. Then add shrimps. When shrimps are cooked. I dump it all into the drained pasta and add the lemon juice. Give it a stir. I usually cook broccoli with this too and dump that in to the pasta. Mix all together and serve.

Other than that, cook meat on the weekends and freeze it. Then you just have to warm up when you get home ;)

Kim McArthur - Finance Canada

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Haloumi burgers

INGREDIENTS

- + Haloumi
- + PC Thins Multi-Grain Round Buns
- + Olive Oil
- + Kids Version: Ketchup and Mayo
- + Adults Version: Ketchup, Mayo, lettuce, tomatoes, avocado.

DIRECTIONS

1. Preheat the grill/pan to medium-high heat.
2. Slice the Haloumi into slabs that are 1/4 - 1/2 inch thick.
3. Put the slices of cheese directly on the grill/pan.
4. Grill/Fry the slices of Haloumi cheese for about 3 minutes per side, until the cheese is lightly browned on the outside and warm and soft through the middle.
5. Drizzle Olive Oil over the cheese and serve on...
6. PC Thins Multi-Grain Round Buns with your favourite toppings.

Sasha Mazzuca - Director of Sales & Account Management cievnts



Taco Tuesdays

INGREDIENTS

- + PC Breaded Cod Fillet
- + PC Multi-Grain Wraps
- + Kids Version: Sour cream and Shredded Cheese
- + Adults Version: Sour cream, Shredded Cheese, coleslaw, avocado and hot sauce of course!

DIRECTIONS

1. Bake - PC Breaded Cod Fillets (these are surprisingly amazing - they bake up really crispy)
2. Warm (60 sec in the microwave) small PC Multi-Grain Wraps
3. Serve with your favourite toppings

Sasha Mazzuca - Director of Sales & Account Management cievnts

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I find slow cooker options are great and often make enough so there is lunches for the next day. Double win!

I have also gotten together with a few girlfriends and made these together. We each took 2 recipes and bought enough supplies to make for each other. Got together, cut veggies all night and left with well more than a weeks' worth of meals that I could toss in the freezer.

**Chris Mayers, Your Personal Travel Consultant
- Flight Centre Dixie Mall**





4 SERVINGS

Chicken Noodle Soup

INGREDIENTS

- + 1 lb boneless skinless chicken breasts, cut into bite sized pieces
- + 4 large carrots
- + 1 cup celery, diced
- + 1 small onion, diced
- + 1 tsp garlic powder
- + 1 tsp dried basil
- + 1 tsp dried oregano
- + 1 bay leaf
- + 1/4 tsp pepper
- + 8 oz wide egg noodles
- + 8 cups chicken broth

MATERIALS

1 gallon- sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and use by date. (3 months from the prep day).
2. Add all ingredients except noodles and broth.
3. Remove as much air from bag as possible, seal and lay flat in your freezer.

COOK

4. The night before cooking, move freezer bag to your refrigerator to thaw.
5. The morning of cooking. Add contents of freezer bag to crockpot with chicken broth.
6. Cook for 6-8 hrs on low or until carrots are soft.
7. Add pasta and cook for an additional 30 minutes.
8. Remove Bay leaf. Serve with Bread.

Chris Mayers - Flight Centre Dixie Mall



6 SERVINGS

Turkey Black Bean Chili

INGREDIENTS

- + 1.2 lbs ground turkey
- + 2 15oz Cans of Black beans (drain & rinse)
- + 2 large carrots, peeled and shredded
- + 28oz can tomato sauce
- + 1 can petite diced tomatoes
- + 1 2/3 cup frozen corn
- + 2 large cloves garlic, minced
- + 1 tbsp paprika
- + 1 tbsp chili powder
- + 2 tsp ground cumin
- + 1.5 tsp ground oregano

MATERIALS

1 gallon - sized plastic freezer bag

PREP

1. Label your freezer bag with the name of the meal, cooking instructions, and use by date. (3 months from the prep day)
2. Add all ingredients
3. Remove as much air from bag as possible, seal and lay flat in your freezer.

COOK

4. The night before cooking, move freezer bag to your refrigerator to thaw.
5. The morning of cooking, Add contents of freezer bag to crockpot.
6. Cover and cook on low for 8 hrs or until turkey is cooked through.
7. Break apart turkey and stir.

Serve with shredded cheese and chips.

Chris Mayers - Flight Centre Dixie Mall

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8-10 SERVINGS

Zucchini Slice

INGREDIENTS

- + 3-4 medium zucchini, grated
- + 1 large onion finely chopped
- + 3 rashers back bacon finely chopped
- + 1 cup tasty cheese grated
- + 1 cup self-raising flour
- + 5 eggs
- + sprinkle of dried oregano
- + salt/pepper

DIRECTIONS

1. Preheat oven to **180°C**. Grease and line a non-stick lamington tin.
2. Combine zucchini, onion, bacon, flour and cheese in a large bowl. Add lightly beaten eggs, and mix. Season with a little salt and pepper. Pour into lamington tin.
3. Bake for **35-40 mins** until golden and set. Allow to cool slightly before cutting.

+ **TIP:** the vegetables can be substituted or added to - try corn kernels, grated carrot, shallots and leave out the bacon for a vegetarian version and add in Feta.

Janette Lodermeier - The Creative Studio



4 SERVINGS

Roasted Salmon with Lime and Cilantro

This dish comes together in a flash, making it ideal for weeknight dinners.

INGREDIENTS

- + 4 skin-on salmon fillets (6-ounces each)
- + Coarse salt and freshly ground pepper
- + 1/4 cup fresh lime juice
- + 2 tbsp soy sauce
- + 1 tsp sugar
- + 1 tbsp chopped fresh cilantro leaves

DIRECTIONS

1. Preheat oven to **450°F**.
2. Arrange salmon in a shallow baking pan and season with salt and pepper.
3. Roast until no longer pink in the middle and flaky, **10 to 13 minutes**. Using a flat spatula, remove fillets, leaving skin on the baking sheet. My trick, to make clean up easier, is to put the salmon on parchment paper in the pan before you cook it and then you can just throw out the paper with the skins instead of scrubbing the pan after your kids are in bed.
4. In a small bowl, whisk together lime juice, soy sauce, and sugar; fold in cilantro. Spoon sauce over fish, and serve with some side veg or salad & 2 minute brown rice.

+ **TIP:** You can hold off with the cilantro if the kids are not keen. This is one in my regular rotation... Oh - and mine never looks like the picture above!

Anna Fisher - Healthwise Canada



dessert CHOICES

Dessert - let's not forget it! We are sure your kids won't! Dessert doesn't have to be laden with sugar that will make your kids restless when they should be settling down. It doesn't have to mean chocolate biscuits or bowls full of ice cream, and if your kids eat well during the day they shouldn't really crave these foods. Try some natural yogurt with a bit of fresh fruit and cinnamon, or maybe one of these delicious dessert recipes:

This **dairy free dessert** tastes so great that your kids won't know it is actually packed with nutrients! Cacao is considered a 'super food' and is high in nutrients and antioxidants compared to over-processed cocoa powders available to make into hot drinks. In its raw form cacao is bitter but that is balanced out by the agave which is a healthier alternative to table sugar. You can also try sweetening with maple syrup or honey- experiment and have fun!



4 SERVINGS

Raw Chocolate Pudding

INGREDIENTS

- + 1 banana
- + 1 avocado
- + 1 cup almond milk
- + 1/4 cup raw cacao powder
- + 2 tbsp agave
- + 1/4 cup coconut shredded
- + 2 tsp fresh lemon juice

DIRECTIONS

1. Peel the banana and chop into small pieces.
2. Peel the avocado, remove the core and chop into small pieces.
3. Place all of the ingredients into a blender and mix until it is smooth.
4. Place the mixture into 4 small bowls and leave put in the fridge for at least an hour before serving

* You can cover the top with almond slivers or crushed cashews once set.

It's all about balance.



Oatmeal Cookies

INGREDIENTS

- + 2 cups oatmeal
- + 2 ripe bananas
- + 1 tbsp maple syrup
- + 1 tsp of vanilla
- + chocolate chips

DIRECTIONS

1. Put oatmeal in the blender, baby bullet, magic bullet, vitamix, hand blender etc. - blend it up so it is like a flour texture.
2. Add bananas (That's it for the batter), Stir it up or mash it together with a fork.
3. Then you can add anything...
I usually add a tablespoon of maple syrup (I have a terrible sweet tooth and this does the trick although the more rotten your bananas are the sweeter the cookies will be!) and a teaspoon of vanilla.
4. Then you can add anything else in there: chocolate chips, nuts, dried fruit, raisins, coconut, cut apples & cinnamon, cut fruit or fresh berries etc.
5. Bake for about **12 minutes at 350°F** on a greased cookie sheet. They don't flatten or change shape so however they appear on the cookie sheet is what you will get when they are done.



3 Ingredient Brownie

INGREDIENTS

- + 6 medium sized, very ripe bananas (2 cups approx.)*
- + 250g (1 cup) nut butter (any kind you like, such as peanut butter, almond butter, hazelnut butter etc.)
- + 60g (1/4 cup) cacao powder (you can use less if you prefer a less intense chocolate flavour)

DIRECTIONS

1. Preheat your oven to **180°C** and line a small brownie tin with baking paper.
2. Mix all of the ingredients together in a powerful blender or food processor
3. Pour into the lined tin and bake for **25-30 minutes** or until firm to touch.
4. Allow to cool and slice into squares. These can be frozen for up to a month.

*The more ripe the bananas, the sweeter these will be. As there are no other sweeteners ripe bananas are a must.

Also - I use crunchy peanut butter to make it seem like there are nuts in there.

<http://wellnourished.com.au/three-ingredient-brownie/>

There's nothing better than a simple recipe that ticks both the taste and nutrition boxes. Plus, it seriously doesn't get any quicker or easier than this.

Health benefits These are a great healthy snack for active kids because the nut butter provides them with protein, healthy fats and complex carbohydrate and the bananas, as well as being an amazing source of complex carbohydrate, are rich in minerals which are often depleted during heavy activity. The cacao makes them chocolatey good and is also a great source of antioxidants.

It's all about balance.

healthwiseglobal.com



12 SERVINGS

Healthy Double Chocolate Zucchini Muffins

Chocolate muffins get a healthy makeover! Made with whole wheat flour and no butter or refined sugars. You're going to love these perfectly moist, insanely delicious muffins!

NOTES

To keep muffins dairy free, use dairy free chocolate chips.

I love adding a few extra chocolate chips (2-3) on top of each muffin before baking to make them look pretty, but it's up to you!

INGREDIENTS

- + 1 1/4 cup whole wheat pastry flour or white whole wheat flour
- + 1/3 cup unsweetened cocoa powder
- + 1 tsp baking soda
- + 1/4 tsp salt
- + 2 tbsp coconut oil, melted and cooled
- + 1/3 cup honey or agave nectar
- + 1 tsp vanilla
- + 1 egg
- + 1 egg white
- + 1 cup shredded zucchini (about 1 medium)
- + 1/4 cup unsweetened applesauce (you can also use greek yogurt!)
- + 1/2 cup Almond Breeze Unsweetened Almond Milk
- + 1/2 cup regular or mini chocolate chips

INSTRUCTIONS

1. Preheat oven to **350°F**. Line 12 cup muffin tin with cupcake liners and generously spray inside of liners with nonstick cooking spray.
2. Squeeze shredded zucchini of excess water with a paper towel. This is important, so don't forget!
3. In a medium bowl, whisk together flour, cocoa powder, baking soda, and salt; set aside.
4. In the bowl of an electric mixer, add coconut oil, honey, vanilla, egg and egg white; mix on medium-low until smooth and well combined. Add in zucchini, applesauce, and almond milk; mix again. Slowly add in dry ingredients and mix until just combined. Gently fold in chocolate chips.
5. Evenly divide batter into prepared liners. Bake **22-25 minutes** or until toothpick inserted into middle comes out clean. After 5 minutes, remove muffins and transfer to wire rack to finish cooling. Enjoy!

<http://www.ambitiouskitchen.com/2014/07/healthy-double-chocolate-zucchini-muffins/>

It's all about balance.

healthwiseglobal.com



drink CHOICES

WATER

Water is as important for children as it is for adults, yet it is often overlooked. Get your kids into good habits early, as too many adults don't even think about water during the day, and get by on caffeine and sugary drinks.

So how much water should your child drink per day?

5-8 year olds: 1 litre daily

9-12 year olds: 1.5 litres daily

13 years olds+ 2 litres daily

Water is absolutely the most important drink that your child should have. Sugar is the biggest problem in pre-packaged drinks, including single serve juices and flavoured milks. Not to mention soft drinks which are the absolute worst choice and should be completely avoided- especially diet versions.

If you are having trouble getting your child to consume enough water add some fresh fruit pieces for flavour or give them a fun straw at home, or a novelty water bottle to take to school.

A good treat on the weekends can be a veggie juice, which will be packed with nutrients, but a much healthier option than fruit juice boxes. Always opt for a juice that is made from mostly veg with a bit of fruit to make it tasty, but not make sugar levels sky high.

JUICE

Most pre-packaged juices are very high in sugar and many also contain artificial additives and preservatives.

*V8 Vegetable Juice contains less sugar and additives than other juices. Vegetable Juice is always preferable to fruit in regard to sugar content.

MILK

Dairy in general can be problematic for many people and kids can be intolerant so it's best to use caution and follow your health practitioner's advice. Low fat milk is often high in sugar to replace the flavour after removing fat so these ones should be consumed in moderation. Organic Soy, Rice or Almond milk are often better options. Some will be calcium fortified and these options are great choices for the ever-increasing number of lactose intolerant individuals.

It's all about balance.