

Day Camp/Day Care/After School Care: Healthy Eating Menu

Menu options at a day camp should comply with the general guidelines below.

* A Lunch is usually at least three of the four food groups: vegetables and fruit; grain products; milk and alternatives; and meat and alternatives or “mixed dishes” below.

*A snack is usually two food groups at one snack time, which can be any combination of the two of the following:

Fruit or Vegetable	Bannock, Bread and Cereal	Meat, Fish, Birds and Eggs (and all edible parts)	Milk and Milk Substitutes
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Food Group	Choose Most Often	Choose Sometimes <i>(No More than 3 Times a Week)</i>	Do Not Serve <i>(these snacks are highest in sugar, salt, fat and or calories)</i>
Fruit and Vegetables	Fresh (raw) or frozen vegetables		
	Canned vegetables with reduced or no sodium	Canned vegetables (rinse before using varieties that are high in added salt)	
	Fresh/frozen fruit or berries, such as apple slices, celery, orange sections (i.e.: Handpicked berries in season)	Fruit chips Dried fruits like raisins or dried apricots (need to brush teeth after eating)	Fruit snacks or roll ups
	Canned fruit in water or 100% unsweetened	Canned fruit in light syrup	Canned fruit in heavy syrup
	Vegetable/fruit salads with low fat or homemade dressings*	Salads with regular dressing	High fat salads, such as ready-made versions.
	Home-made salsa	Store bought low sodium salsa	Regular salsa
		100% unsweetened fruit juice	Fruit drinks, beverages or cocktails with added sugar

Baked or roasted potatoes	Deep fried vegetables like potatoes chips, french fries, onion rings or tater tots Bags of potato chips Chocolate covered fruits
*if time is a factor for making a snack, stick to ideas that are quick and easy. These are general guidelines and ideas. For assistance or questions, please contact your Regional Health and Social Services Authority or the Department of Health and Social Services Territorial Nutritionist	

Food Group	Choose Most Often	Choose Sometimes <i>(No More than 3 Times a Week)</i>	Serve Rarely (once/month), for example a special occasion
Bannock, Bread and Cereal	Whole grain bread, buns, mini-bagels, wraps or pitas, raisin bread	White bread, buns, bagels, wraps/tortilla shell, or pitas	Tortilla or pita chips Pretzels (due to high sodium content)
	Baked bannock made from whole wheat flour	Baked bannock made from enriched white flour	Deep-Fried/fried bannock (high fat)
	Whole wheat pasta	White pasta and noodles	Ichiban noodles (very high salt)
	Brown rice or wild rice	White rice	
	Whole wheat crackers	White crackers	
	Rice cakes - plain or whole grain; Triscuit crackers	Small muffins or low fat cookies, such as animal crackers	Donuts, pastries, and any high fat and high sugar cookies
	Hot or cold whole-grain unsweetened cereals with 2 or more grams fibre, such as Cheerios	Hot or cold cereals (unsweetened)	Instant flavoured/sweetened oatmeal Sweetened cereals Cereal in a Cup
	Pretzel bread/breadsticks/ Graham Crackers	Air popped popcorn without salt or butter Gold fish crackers	Microwave popcorn
	Home-made snacks that are whole grain, high in fiber and low in sugar	Granola bars – Kashi Chewy 7 Whole Grains and Almonds/Quaker Harvest Crunch Ancient Grains	Most other granola bars (check with a local dietitian re: suitable choices you are not sure about)

Food Group	Choose Most Often	Choose Sometimes <i>(No More than 3 Times a Week)</i>	Do Not Serve
Milk and Alternatives	Skim, 1% or 2% milk - powdered, UHT or fresh		Chocolate bar; flavoured milks
	Unflavoured fortified soy beverage	Flavoured fortified soy beverage	
	Low fat block cheese	Regular fat block cheese	Cheese spreads like Cheez Whiz Processed Cheese Slices
	Plain yogurt & Fresh Fruit	Sweetened yogurt or yogurt tubes Flavoured yogurt drinks	
		Frozen yogurt	Ice cream Frozen ice cream treats
Food Group	Lean Meats Wild meats Traditional meats	Lean deli meats like ham, chicken, turkey or roast beef	Bologna, pepperoni, salami Bacon Wieners and sausage Chicken fingers or nuggets
Meat, Fish, Birds and Eggs (and all edible parts)	Traditional meats, fish, birds, and all edible parts, such as eggs, etc.		Fish Sticks Avoid deep fried meats/fish
	Extra-Lean ground beef Home-Made Hamburger patties (for events such as BBQs) Fresh or frozen fish fillets	Store bought low fat hamburger patties	Store bought regular hamburger patties
	Beans or lentils Canned beans in tomato sauce	Canned beans in sweetened sauce (baked beans in maple syrup)	Canned pork and beans Beans and weiners
	Canned tuna and salmon in water	Canned tuna and salmon in oil	Canned meats like Klik, spam, canned chicken
	Nut butters		
	Unsalted nuts or seeds	Trail mix without candy	Trail mix with candy
	Eggs		

Mixed Dishes	Choose Anytime Serve Anytime	Choose Sometimes (No More than 3 Times a Week)	Do Not Serve
Mixed Dishes	Homemade soups and stews with lean or wild meats and fish and vegetables	Canned soup - low sodium varieties	Canned soup or stews
	Sandwiches on whole grain bread - egg, turkey, fish, beef, chicken	Sandwiches on white bread	Lunch Mates, Lunchables Meat Pot Pies Sausage Rolls
	Homemade pizza pockets using whole wheat dough, lean meat and low fat cheese	Pizzas with ham, or vegetables	Pizza pockets Pizzas with pepperoni, salami, sausage
	Spaghetti with meat and tomato sauce	Macaroni and cheese	Pastas with cream sauces
	Chili with beans		Canned chili
	Soft tacos with low fat sour cream and lean meats	Hard tacos	

Beverages	Choose Most Often	Choose Sometimes Serve No More than 3 Times a Week	Do Not Serve
Water	Water – plain, from the Tap Water – flavoured with fresh fruits, mint, etc. Traditional and herb teas	Flavoured or vitamin waters Water mixed with Juice (half and half)	Avoid Bottled water due to large amount of plastic waste All sugar-sweetened beverages (e.g. sports drinks, energy drinks, iced tea, fruit punch, etc.)
Milk and Alternative Beverages	Skim, 1% or 2% milk - powdered, UHT or fresh		Chocolate bar or flavoured milks Hot chocolate made from ready- made (powdered form)
	Unflavoured fortified soy beverage	Flavoured fortified soy beverage	

		Sweetened yogurt or yogurt tubes Flavoured yogurt drinks	
	Smoothies – made from ingredients in choose most categories	Smoothies – made with low fat ingredients	
Meat and Alternative Beverages	Broths made from cooked traditional meats		

Feedback is welcome on these guidelines in order to make them as useful as possible. Please send any feedback to elsie_deroosse@gov.nt.ca at any time.