

# Healthy School Lunch Meeting

Restaurants, Schools and Parents are invited to connect and learn more about healthy lunch options.

December 4<sup>th</sup>, 2018

9:00-11:00 am

Fort McMurray Public School District  
231 Hardin Street

## What will the presentation cover?

- Background information on the importance of healthy eating in schools
- How to determine if your lunch items meet “Choose Most Often” criteria
- How to modify your lunch menu items to meet “Choose Most Often” criteria
- Opportunity for schools ordering lunches to connect with restaurants

## What restaurants should bring?

- Your lunch menu with the recipe and ingredients in each item
- The nutritional information of each item if available
- A calculator or a phone with a calculator on it

Contact Chauntal Dunn at 780-791-6064 or [Chauntal.Dunn@ahs.ca](mailto:Chauntal.Dunn@ahs.ca) for more information or to RSVP.



\*Please note: We will not be analyzing the hot lunch menu for your restaurant, we will only be going through examples and providing help as needed.