

A Sweet Solution

Events and sweet treats

Food, including candy and other desserts, is an important part of celebrations, traditions, and everyday life.

Parents may choose to send a sweet treat in a child's lunch or send treats for the class to celebrate a special occasion.



Holiday & celebrations



Special events at school or daycare



Birthdays & special occasions

Making all foods fit

Encourage parents to offer other foods in a child's lunch alongside the sweet treats. This ensures that children get the nutrients they need to grow and play all day. Avoid using desserts or candy as a reward or making them eat other foods first.

Use the following section as a poster at your daycare for tips on planning lunches, or share the [What's For Lunch](#) hand-out for more ideas.



If candy is sent in a child's lunch, add nutritious foods alongside it...



Add Colour

Vegetables and fruit add colour, texture, fibre, and nutrients



berries



cucumbers



apples



bell peppers



bananas



carrots



Add Fullness

These protein foods can help tummies stay fuller for longer



hummus



cheese



yogurt



tofu



WOW butter



eggs



Add Energy

Whole grains add fibre and lots of energy for busy days



bread



oatmeal



pita



crackers



granola bar