**POWER LUNCHES**

Want a lunch that packs a punch and gives you energy all day? Look at your lunch and see if it has these key ingredients:

- **a vegetable** such as leafy green salad, veggie sticks or cooked in a soup, stew or pasta
- **fruit** - fresh, canned (unsweetened), or dried
- **a grain product** (whole grain or enriched) such as bread, tortilla wraps, bagels, buns, crackers, pasta, rice, muffins
- **a milk product** or substitute such as milk, yogurt, cheese, yogurt drink, or fortified soy beverage
- **some lean meat, fish, poultry or meat alternative** such as an egg, peanut butter, hummus or other legumes in soups, salads and dips

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**POWER SNACKS**

Working hard and need a little extra energy later in your shift? Pack some small snacks with carbs to fuel your brain and protein for longer lasting energy.

- Dip carrot sticks in nut butter
- Eat cottage cheese with fruit
- Whole grain crackers with a hard-boiled egg
- Handful of grapes and chunk of cheese
- Veggie sticks and hummus
- Apple slices and almond or peanut butter
- Handful of nuts and dried fruit

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**A Sample Power Lunch with Snacks**

**Lunch:**
- Sandwich with protein (meat or hummus) & lettuce, tomato; apple, cheese chunk
- Salad, with egg, nuts, cheese and fruit

**Snacks:**
- Crackers, tuna, cut veggies and banana

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*Take Care Equipment*

WoW is made possible through financial support from the Canadian Partnership Against Cancer, Heart and Stroke Foundation of Canada and Health Canada