Back to School Shopping List



CANADIAN CELIAC ASSOCIATION



Follow this healthy back to school shopping list to make shopping easy and fun. Our shopping list is based on Canada's Food Guide to Healthy Eating, to ensure that you child's nutrition needs are being met.

Remember to always read **labels** carefully. Click HERE for more labelling guide info.



Produce

Ideally 50% of each meal should be made up of fruits and vegetables. Remember to fill your child's lunch with a variety of colours!

- Apples
- Oranges
- Yellow and red peppers
- Lettuce
- Cucumbers
- Bananas
- Strawberries
- Blueberries
- Carrots - baby and whole
- Snow peas
- Nectarines / peaches (other seasonal items)



Bakery items

Gluten-free (GF) bread is a must for kids lunches. Bakery items can be paired with cheese, deli slices, cream cheese and on their own.

- GF sandwich bread
- GF muffins (can also make from scratch)
- GF crackers
- GF tortilla wraps
- GF English muffins
- GF bagels



Dairy

Now part of the protein section of Canada's Food Guide. Protein helps to build and repair body tissues.

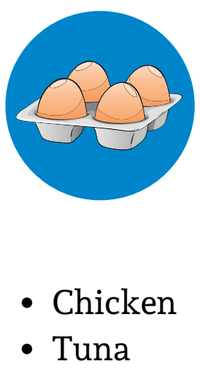
- Single serve yogurt and yogurt tubs
- Cheese strings
- Blocks of cheese for slicing
- Cream cheese
- Sour cream



Pasta, grains and cereals

Healthy grains should be 1/4 of each meal. Grains provide fibre and nutrients to your child's lunch.

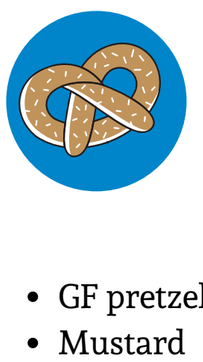
- These items can be cold in a container or hot in a thermos:
  - GF pasta salad, GF macaroni and cheese, GF penne and red sauce
- GF flour (for baking)
- GF oats (for baking)
- GF granola



Proteins

Protein items should make up 1/4 of your child's lunch. Protein comes in many forms.

- Chicken
- Tuna
- Eggs
- Hummus
- Pumpkin seeds
- Sunflower seeds
- Canned soup with beans
- Deli slices
- Chia seeds
- Chickpeas
- Black beans
- Pepperoni sticks



Miscellaneous items

Snack items, condiments and other miscellaneous items to make lunch making easier

- GF pretzels
- Mustard
- Mayo
- Rice cakes
- Rice crisps
- Fruit purees, applesauce
- Pickles
- Sweetened condensed milk
- Shredded coconut
- Dried fruits
- Chocolate chips
- Mini marshmallows

For more information on labeling and celiac disease, click here.