



Local Food Lunch Toolkit

What is the Local Food Lunch Toolkit?

- The Local Food Lunch Toolkit is a collection of wholesome, from-scratch recipes using **local ingredients**.
- The toolkit includes step-by-step instructions, tips, tools and more to **make menu-planning a breeze** for busy food service professionals.
- There are two versions of the toolkit: one for **large quantity food service** and the other for **small quantity**, suitable for testing recipes or making at home.



All recipes have been tried, tested and **approved** by kids!



Recipes Include:

- Corn Chowder (Pie'skmnapu'l)
- Maple Apple French Toast Bake
- Tomato Mac & Beef (Goulash)
- Pork & Vegetable Fried Rice
- Acadian Chicken Fricot
- Giant Sweet & Sour Meatballs
- Grilled Cheese & Tomato Soup
- **And more!**

Visit nourishns.ca/local-food-lunch-toolkit to download the toolkit or individual recipes.



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