



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**.
- **Not a chef? No problem!** The toolkit includes step-by-step instructions, tools and menus to make meal-planning a breeze.
- There are two versions of the toolkit: one for **families** and one for **school food service**. Kids are served delicious, healthy meals at school and can try making their favourites 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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