

Healthy Meals and Snacks on the go

By Sarah Walkom, RD MHSc

September is usually a busy month for everyone as children go back to school or university/college. It also signifies a time for change as the season moves into autumn. It can seem intimidating to eat healthy during this transitional time. Below are some tips to help to stay organized.

✓ Make sure important items aren't forgotten! Keep an ongoing list of needed grocery items on the fridge instead of writing it all at once before your shopping trip.



✓ Give everyone in the family a task: planning, prepping, cooking and cleaning.

✓ Make a note of what is going to spoil in your fridge, freezer and pantry soon so you can make plans to use it up to prevent food waste. Make it easier by writing the date on a label on items such as legumes, pasta or frozen homemade meals.

✓ Use time saving appliances like rice cookers, slow cookers or pressure cookers.



✓ When you have time, do some batch cooking and freeze into individual portions. Dishes that freeze well are soups, stew, pasta and chili. [Click here for more information on freezing foods.](#)

✓ It's important to feed your body every 4-6 hours to prevent overeating and help with weight management. Keep shelf stable snacks such as fruit cups packed in water, nuts and dried fruit, or canned tuna/hummus with crackers in your bag, work desk, car or gym locker so you're never caught without fuel to keep you going on busy days.



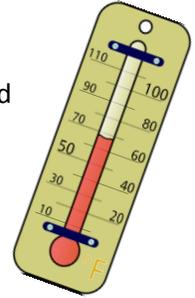
✓ What about packing lunches for work and school? [Click here for a great article on packing lunches from Eat Right Ontario](#)

✓ [Check out the Eat Right Ontario meal planning tool. It will help you form a menu plan, grocery list and introduce you to new recipes.](#)

✓ Keep easy to pack items handy for the week ahead that can be prepped on the weekend or at a less busy time. Chopped up raw veggies to enjoy with dip or hummus, whole fruit or chopped/washed fruit, or boiled eggs (will keep for one week with the shell on).

✓ Make sure you have meal/snack packing supplies handy: plastic wrap, ziploc bags, plastic or glass containers, water bottles, etc.

✓ Keep your food safe! Use a thermos to keep hot foods hot or a freezer pack to keep cold foods cold. Foods needing refrigeration can only be kept at room temperature for two hours or less.



No Bake 100 Calorie Peanut Butter Energy Balls Recipe

Makes: 22 snack balls

Recipe adapted from <http://www.theconsciousdietitian.com/all-recipes/no-bake-100-calorie-peanut-butter-energy-balls/>

Prep Time: 10 minutes

Time To Finish: 50 minutes

Ingredients

2/3 cup shredded toasted coconut, unsweetened

1 cup whole rolled oats

1/2 cup nut butter

3 tbsp. flaxseed, ground

1/2 cup dried fruit

1/2 cup sunflower seeds, unsalted

1/4 cup honey

3/4 tsp vanilla extract

2 tbsp. water (optional)

1. Combine all ingredients except for the water in a large mixing bowl. Cover and let sit in the refrigerator for about half an hour. Once it has sit for half an hour check it, and if the mixture seems to dry add the water. You want the mixture to stick together, and not be too crumbly.
2. Roll into 22 small, equal sized balls. They should be about 1.5" diameter.
3. Store in an airtight container and keep refrigerated for up to 1 week, or freeze them and take them out as needed.

Nutrition Information for No Bake 100 Calorie Peanut Butter Energy Balls

Calories 94cal

Carbohydrate 10g

Fibre 2g

Sugar 5g

Protein 2.5g

Fat 5.5g

Saturated Fat 2g

Potassium 90mg

Calcium 12mg