

PACK YOUR CHILD A HEALTHY LUNCH!

Children need to eat a healthy lunch to fuel them for the rest of the school day.

Try to include:

- 1 serving of vegetables.
- 1 serving of fruit.
- A lean source of protein. Examples include lean meats, eggs, peanut butter or other nut butters, or legumes such as refried or black beans.
- A high calcium food or beverage such as low-fat or fat free milk, yogurt, string cheese, or low-fat cottage cheese.
- Whole grain bread, tortillas, crackers, rice, cereal or pasta. (Read food labels and choose foods that have a whole grain listed first on the ingredients list.)

Choose this . . .	Instead of this . . .
Sandwiches on whole wheat bread, pita or tortillas	Sandwiches on white bread or croissants
Lean lunch meats (chicken or turkey)	Full-fat cold cuts (bologna, salami, corned beef)
Dips made from salsa, low-fat cottage cheese, hummus or low-fat salad dressing	Dips made from mayonnaise, sour cream, cream cheese, or cheese sauce
Baked chips, pretzels, whole grain crackers	Regular chips

Tips:

- Let your kids help make their lunch. They're more likely to eat it if they're involved in the preparation.
- Keep food safe! Keep hot food hot in an insulated thermos. Keep cold foods cold with an ice pack or by freezing the food first.
- Spray lemon juice on cut-up fruit to prevent browning.
- Encourage your child to eat colorful foods. Including a variety of fruits & veggies is a great way to do this!

