

## PACKING A HEALTHY LUNCH

As parents we want our children to be healthy and do well in school. Packing your child a well balanced lunch can help them focus during class time and do their best. Use the following tips to pack a healthy lunch for your child this school year:

### Beverages:

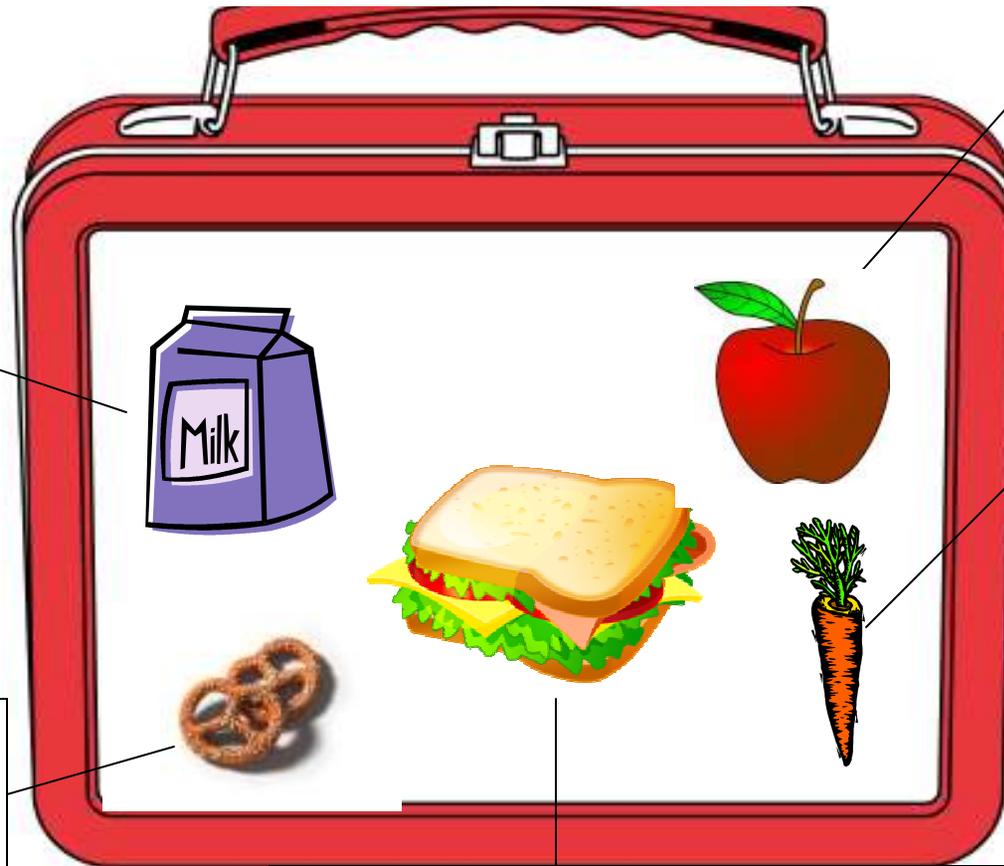
Low fat milk provides hydration as well as calcium for your child's growing bones. Water, and 100% juice are also good choices of beverages to pack in your child's lunch.

*\* Avoid packing soda, "energy" drinks, and other high sugar high caffeine beverages.*

### Snacks:

String cheese, yogurt, pretzels, popcorn, and graham crackers are healthy snacks to pack with lunch. Baked chips are also available in a variety of flavors

*\*High fat junk food, and sugary treats like cupcakes or cookies should be kept to a minimum.*



### Fruit:

Whole fruits such as apples, oranges, bananas, and grapes are all healthy choices. Applesauce, fruit cocktail, and canned fruit are also good options.

*\*When selecting canned fruit or fruit cups, look for products packed in natural juices; not heavy syrup.*

### Vegetables:

Fresh vegetables can be sliced and stored in zip lock bags. Cucumber, carrots, celery, broccoli, and cauliflower are all packed with vitamins, minerals, and fiber.

*\* Serving vegetables with 2 tablespoons of peanut butter or ranch dressing can make them more appetizing.*

### Main Course:

Sandwiches made with whole wheat bread provide complex carbohydrates, vitamins, and fiber to keep your child feeling full longer and maintain focus on learning. Other whole grain high fiber options are whole wheat tortillas, pita bread, whole wheat English muffins, or corn tortillas (white or yellow corn). Use lean meats, such as turkey breast, chicken breast, ham, Canadian bacon or tuna in water. If your child is not allergic to peanuts, peanut butter is also good source of protein. Other main course ideas to consider are to pack leftovers like hard boiled eggs, hot soup in a Thermos®, etc.