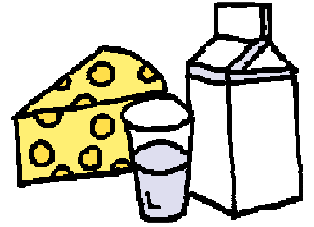


Tips & Tricks for Packing a Fun & Healthy Lunch or Snack



Ideas for Nutritious Lunches

To give your kids nourishment and energy they need to play, learn, and grow, be sure to include the following:

- Proteins, such as turkey, chicken, nuts, eggs, beans
- Fresh Fiber, such as veggie sticks and fresh fruit
- Wheat breads or whole grain crackers
- Water

Making it Kid-Friendly

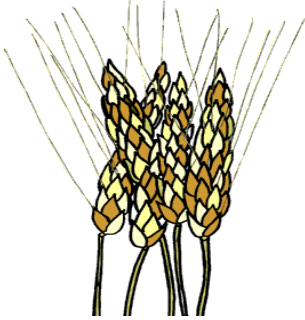
- Kids often don't have as much time to eat as they do at home. To help them maximize their time, pack foods that are easy to eat, in easily opened packages, and don't require peeling or special tools.
- Think about packing a variety of small portions, rather than a big sandwich and a whole banana. Variety doesn't have to mean more work – you can pack grapes, cherry tomatoes, whole grain crackers, dried fruits, nuts, baby carrots, and other small foods.
- If your child wants to eat the same thing day after day, don't sweat it, as long as the lunch is balanced and nutritious. It turns out kids don't like a lot of change in what they eat. Did you know that it takes 10 to 12 introductions to a new food before a child is usually willing to even taste it?
- Dips are a fun way for your kids to get fresh fiber! Pack veggie sticks with dips such as hummus, dressing, bean dip, or salsa.
- Instead of sandwiches that you make, consider letting them make it themselves. Home-made "Lunchables" with crackers, cheese, and deli meats are fun, without all of the added chemicals.
- Kids love food that is cut into various fun shapes! Use Cookies cutters to make fun sandwiches, fruit, veggies and cheese!

Instead of packing a candy or dessert, consider showing your love by packing other treats:

- A hand-written note
- A sticker
- A marble
- A joke or funny poem
- A comic strip, cut from the newspaper or photocopied from a book



Nutritious Snack Ideas



- Whole Grain Cereal
- Healthier Baked Goods (Banana bread, Zucchini Muffins).
- Peanut Butter with whole grain crackers, apples, celery
- Cheese sticks
- Yogurt/ gogurt (Freeze to keep them cool until your child's snack time.)
- Hummus
- Fruit (grapes, strawberries, apples, banana's, pears....)
- Snack mix (Toss together a healthy combo of nuts, pretzels, whole grain cereal, banana chips, and popcorn for a handy, portable snack.)
- Raisins
- Whole Grain Waffles
- Granola or Granola Bars
- Carrots and ranch dip
- Wheat Mini bagels with cream cheese

***Instead of focusing on the things you want to avoid, focus on all of the good things you can add to your family's lives. That should be a simple thing, like drinking more water, wearing a pedometer, eating one more fruit or vegetable a day, or doing stretches in the morning. Over time, these small additions will become easy and second nature. As your health improves, you and your child will naturally start craving more healthy foods and behaviors.

Be sure to look for the activity of the week on the school lunch menu!!

Thank you for helping us with our efforts to help enhance the health and wellness of our school and community!



Check out these wonderful ideas and printable jokes, poems, and notes.

- Lunchbox Poems: <http://www.poetryfoundation.org/journal/article.html?id=180221>
- Fun Lunchbox Jokes (print-and-cut): http://familyfun.go.com/assets/cms/pdf/printables/0903_jokes.pdf
- Customizable fun notes: <http://www.alenkasprintables.com/lunchboxnotes.shtml>
- Disney notes: <http://disney-stationary.com/printables/lunch-notes.php>
- Cute notes with graphics:
 - <http://www.kidprintables.com/lunchboxnotes/>
 - <http://www.youthonline.ca/stationery/lunchboxnotes/>
 - <http://www.gingerbreadnook.com/backpacknotes/>
 - <http://www.the-heart-of-motherhood.com/printable-lunchbox-notes.html>
- Note templates: <http://printables.familyeducation.com/tv/tvsearch.php>