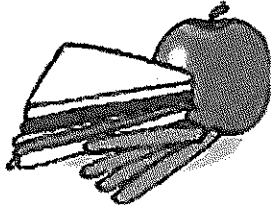


Packing Your Child a Healthy Lunch



Providing your child with a nutritious lunch helps to make sure they eat a healthy, well-balanced meal at school! It is important for kids to eat a variety of foods that provide them with the energy and nutrients they need for the rest of the day!

It is important to give kids a variety of foods that they enjoy! Foods packed for lunch should be ready to eat. Pre-washing fruits and vegetables and preparing snacks ahead of time gives kids more time to eat during the lunch period. Also, using containers will help to keep foods fresh and to reduce waste. Lunch can be made extra special by adding a surprise note or sticker!

Lunches from home should be fun and healthy for your child!

Making Healthy Choices...

- Pack low-fat deli meats, like turkey, instead of higher-fat meats like bologna
- Choose condiments that are low in fat and calories, like mustard, instead of high-fat options, like mayonnaise
- Pack baked chips, whole grain crackers, pretzels, or air-popped popcorn rather than fried or sugary snacks
- Choose raw fruits and vegetables or canned fruit in natural juices rather than fruit with added sugars or packed in syrup
- Prepare sandwiches or wraps with whole grain bread or tortillas instead of varieties made with white flour
- Choose low-fat yogurt, trail mix, or low-fat fruit muffins instead of high-calorie desserts
- Pack milk, 100% juice, or water and avoid soda and other sugary drinks

Need Some More Ideas? Visit:
School Lunch Ideas
http://www.school-lunch-ideas.com/Healthy_Kid_Lunch_Box.html
Kids Health
http://kidshealth.org/parent/nutrition_fit/nutrition/lunch.html

Healthy foods can be much more fun when they are prepared in creative ways!

Here are some creative lunch ideas:

- Fruit, vegetable, or cheese kabobs making healthy snacking fun
- Dips like salsa, ranch, or hummus are great for adding flavor to raw vegetable slices
- Sandwich fillings can be layered between rice cakes, English muffins, pitas, bagels, or wraps for something different
- Cheese can be sliced in fun shapes and paired with whole grain crackers
- Sandwiches can be more exciting (and nutritious!) by trying new fillings like sliced apple or cranberry sauce with turkey, or topping peanut butter with banana slices and raisins
- Last night's leftovers can be reused by mixing pasta with salad dressing, adding grilled chicken to a sandwich or salad, or stuffing roasted vegetables into a pita
- Pack healthier homemade treats like oatmeal and fruit cookies or trail mix with nuts and dried fruit
- Find new varieties of fruits and vegetables for your child to try and add them to salads and sandwiches for lunch
- Try almond or cashew butter instead of peanut butter for some variety and use a variety of fruit jams and jellies

Nutritional Development Services

111 South 38th Street, Philadelphia, PA
19104
(215) 895 - 3470

Healthy Foods From Home

Healthy Snacking For Kids



Smart Snack Ideas

- Raw vegetables with low-fat dip and milk
- String cheese and fruit
- Low-fat yogurt and fresh fruit
- Whole grain crackers with cheese
- Apple slices and celery sticks with peanut butter
- Air-popped popcorn with 100% juice
- Baked chips with salsa
- Milk or yogurt smoothies with fruit
- Pretzels or whole wheat pita slices with hummus
- Trail mix or granola with milk
- Snack-size applesauce or fruit cups with granola
- Graham crackers and milk
- Flavored rice cakes spread with peanut butter
- Low-fat granola bars with fresh fruit
- Whole grain cereal and milk
- Low-fat pudding cup with 100% juice
- Hard-boiled egg with 100% juice
- Dried fruit and milk
- Low-fat frozen yogurt with fresh fruit

Snacks are a great way to get all of the nutrients you need for the day. It's important to choose snacks that are healthy and give you energy to keep you alert. Smart snacking between meals is a great way to make sure you are getting the vitamins and minerals that your body needs!

Snack Recipe: After School Snack Mix

- 1 cup whole grain cereal (squares or Os work best)
- ¼ cup dried fruit of your choice
- ¼ cup nuts, such as walnut pieces, slivered almonds, or pistachios
- ¼ cup small, whole-grain snack crackers or pretzels

Measure the ingredients and combine them in a large bowl.

This recipe makes four 1/2 cup servings.

Snacks should be part of a healthy diet! It is important to include foods from a variety of food groups to make sure you are getting all of the nutrients you need!



For more information about the nutrients you need, go to <http://www.mypyramid.gov/kids/index.html>

Nutritional Development Services
111 South 38th Street, Philadelphia, PA 19104
(215) 895 - 3470
www.ndsarch.org

Smart Snacking Tips

When it comes to snacking, what you eat is not the only thing to pay attention to. It is also important to think about when you are eating and how much you are eating.

It is a good idea to make sure snack time is not too close to meal time. Otherwise, your body does not have a chance to use the energy from snacking before you take in even more energy from your meal. When you eat more energy

than you need all the time, you gain weight.

How much you eat is important too. Snack time is not the same as meal time. The amount of food eaten between meals should be less than what you would eat at lunch or dinner. When choosing a snack, pay attention to what a serving size is listed on the Nutrition label. This information is very useful when planning a healthy snack!