
Packing Healthy Lunches:

Plan Ahead

THINK FOOD GROUPS!

Whole Grains, Vegetables, Low fat Dairy, Meat and Meat/Alternatives, Fruits



Set up Your Family for Success

1. **Reduce, Reuse, Recycle:** Buy insulated lunch bag, ice pack (food safety for dairy and meat groups), cutlery, plastic containers, thermos.
2. **Fruits and Vegetables:** Fresh, canned, dried, frozen and 100% juice. They all count! Excellent source of vitamins, minerals, antioxidants, phytochemicals and fiber.
3. **Whole Grains:** Look at label. Choose breads that have 3-5 grams of fiber per serving. Excellent source of B-vitamins and fiber. Gives you and your children energy.
4. **Dairy:** Choose lowfat milk, yogurt, Greek yogurt (twice as much protein!) and string cheese. Excellent source of bone building minerals, such as calcium and vitamin D.
5. **Meat/Meat Alternatives:** Low fat ham/chicken/beef, hummus, almond butter. Excellent source of protein (for staying power) and iron (for healthy red blood cells).

* **Make Your Own Trail Mix.** In 1/2 cup plastic container, fill it half with nuts (good source of omega three fatty acids), then add dried fruit, pretzels, dried cereal. Cheap and healthy!