

Pathway To A Healthy Environment

Healthy Environment Tip Sheet Packing Creative and Healthy Lunches from Home

Packing lunch everyday can become quite the chore. Sometimes it is hard to be creative and provide a nutritious home prepared lunch. Grocery stores have numerous pre-packaged lunches that are convenient for the parent and attractive to the child. However, remember to read the Nutrition Facts label, most of these lunches are very high in sodium, fat and sugar. Instead try the healthier alternative and pack your child a home prepared nutritious lunch. Encourage your child to help. Involving your child in the planning and preparation of their lunch fosters healthy eating habits and positive attitudes toward eating and food.

The list below shows you how you and your child can come up with hundreds of possibilities for nutritious and easy lunches. The foods listed offer a variety of nutrients and require little cooking for faster preparation. The more variety and choices that you offer your child, the more likely your child will eat the foods you prepare. Don't forget left over dinners, they make a great lunch, just invest in a good thermal lunch container!

Fruits

apple slices
bananas
blueberries
dried fruit
melon wedges
orange slices
pineapple chunks
strawberries

Vegetables

broccoli
carrot sticks
celery sticks
cherry tomatoes
cucumber slices
fresh green beans
snap peas
zucchini slices

Bread/Grain

bagels
brown rice
English muffins
pita bread
tortillas
whole grain bread
whole grain crackers
whole grain pasta

Protein

beans (canned)
cheese (string/slices)
chicken (fresh/canned)
ham/turkey slices
hummus
peanut butter
tuna
yogurt

Entrée Ideas

bean and cheese burritos
cheese cubes or string cheese and whole grain crackers
pita pocket sandwiches filled with tuna/chicken salad, low sodium deli meat or hummus
tortilla wraps with low sodium turkey/ham and cream cheese-spread
tuna or chicken salad on whole grain bread

Drinks

1% or fat free milk

bottled water

100% fruit juice

***Please refrain from bringing if your child goes to a PEANUT/NUT FREE center *
Contact the center if you are unsure!**