

Sept.

2021



Packing Healthy

"Tie your shoes, pack a good lunch and remember that we're all in this together."
-unknown

When packing lunches for the kids, try to keep the MyPlate method in mind. Start with the main focus of the lunch, typically a sandwich or something **protein**-focused, and incorporate the **grains** category. After that, the only thing is packing some **fruit**, **vegetables**, and a **dairy** element, and your child has a nice balanced lunch!



Lunch Box Packing Tips



- 1 Cut food into fun shapes using cookie cutters!
- 2 Peel vegetables and include a dip!
- 3 Focus on fresh, whole fruits
- 4 Try to avoid packing sugary drinks.

Packing Lunch



Simple ways to add variety to lunches

- Packing lunches 2-5 days a week can become a routine. After a while, you will catch yourself starting to slack on nutrient-dense foods and start packing for convenience, or you pack the same thing every time you have to do it. We asked a Registered Dietitian and mom at KCH to give us some up to date, easy, healthy lunch ideas!

Sandwich Swap

Instead of using bread, try using a wrap or tortilla with these ingredients inside:

- Hummus and cucumber slices
- Guacamole and shredded cheese
- Nut butter and banana slices
- Cream cheese, dried cranberries, and sliced turkey
- Pizza sauce, shredded mozzarella, and pepperoni slices
- Refried beans and leftover cooked chicken
- Pesto, swiss cheese, and ham

Veggies

Pack veggies, but including a dip will encourage the child to eat the vegetables.

- Carrots
- Peppers
- Cucumbers
- Snap peas

Fruits

Sending whole fruits to make it easier and create more space for packing.

- Clementine
- Banana
- Apple
- Blueberries

Extra Proteins

- Cheese sticks
- Yogurt cup
- Boiled egg

Sides & Extras

A healthy lunch doesn't mean a boring lunch. Make sure the kids are filled up by giving them healthy extras!

- Popcorn
- Whole wheat crackers
- Trail mix
 - raisins, granola, sunflower seeds, mini chocolate chips



5 Ingredient Greek Yogurt Veggie Dip Recipe

Directions

1. Stir together all ingredients.
2. Chill for at least 30 minutes so that flavors meld.

Ingredients

- 1 cup plain Greek yogurt
- 3 Tbsp. mayonnaise
- 1 Tbsp. dried dill
- 1 tsp. granulated garlic or onion
- 1 tsp. celery seeds (optional)
- 1/4 tsp. salt (more to taste)

