

Avoiding the Lunch Box Blues: Tips and Tricks for Lunches Kids Want to Eat!



Breaking Down the Box: What Should be in your child's lunch

For kids 7-10	Whole Grains	Fruits	Vegetables	Protein	Dairy
What's A Serving	1 slice of bread 4-5 crackers ½ c rice or pasta	1 piece fresh 1/3 c canned	½ c cooked 1 cup raw	1 oz meat, fish, tofu ½ c beans 1-2 eggs	1 c milk 1 oz cheese 1 c yogurt
Daily Servings: How much Is Enough?	6-11 servings	2-3 servings	2-3 servings	2 servings	2-3 servings

Tools for Success:

1. A thermos
2. A Multi-compartment Container



Parents- Not Sure Where to Start?

- **Plan Ahead**
 - Food shop on Sunday to get fresh fruits and vegetables and ingredients for the whole weeks worth of lunches.
 - Take 30 minutes to cut fruits and veggies for the week on Sunday for quick weekday packing!
- **Get Creative**
 - Fun presentations get kids excited about food-use this to your advantage.
 - Use tooth picks to create mini fruit skewers that are quick to pack and fun to eat.
- **Keep Records**
 - In the beginning talk to your child about their new lunch items.
 - Write down what was successful and what was not until you have a varied menu of fun healthy lunches.



Don't Get Discouraged!

Let's Get Inspired!

Break Down Barriers!

Lunch does not need to be lunch foods. If your child has a favorite healthy breakfast food incorporate it



Make your Own!

Parents, you provide the ingredients but the kids assemble. Pita pocket pizzas or tacos are lunches that kids can really get excited about



The power of the leftover!

Reheat a favorite dinner from the night before like spaghetti and meatball, chicken and mashed potatoes, or rice and beans



Out with Processed and In with Delicious

Pack This

- Low fat Granola+ dried fruit+ sunflower seeds
- Air popped popcorn
- Whole grain cracker + low fat cheese
- Apple rings + natural peanut butter
- Plain yogurt + diced strawberries + honey
- Water + frozen berries + squeeze of lemon

Not That

- Store bought trail mix
- Smart food
- CheezIts
- Peanut butter crackers
- Strawberry flavored yogurt
- Berry juice pouches

Want to Know More? Here are some helpful resources:

- <http://www.100daysofrealfood.com/>
- <http://www.eatright.org/resource/food/planning-and-prep/snack-and-meal-ideas/banishing-brown-bag-boredom>
- <http://www.parents.com/kids/nutrition/lunch/healthy-school-lunches-snacks/#page=16>