



How To Pack a School Lunch That Kids Will Eat!

Step 1 -- Sit down with your children and make a list of things they like to eat and would like to pack for lunch. A packed lunch is not limited to just sandwiches anymore if you have the right tools, make lunch fun and different.

Step 2 -- Sandwiches are still good choices for the lunch box. Try a variety of different ways to make the sandwiches. Use bagels or other breads instead of plain loaf bread for a change and mix and match filling to make it exciting. Cut the bread different ways, Wal-Mart sells a dinosaur cutter.

Step 3 -- Fruits and veggies are a must for a healthy meal! Cutting up various fruits for easy handling is a great way to get your kids to eat them. Include dips with the veggies. Dips make the process more fun and kids won't pay attention to the fact they'er eating their vegetables. Pasta salads of any kind go well in lunch boxes too. Add veggies to the pasta for an added twist.

Step 4 -- On cold days when they need a little something to warm them up pack hot soup or heat up leftovers from the night before and put in a thermos. Preheat the thermos by adding hot water and letting it sit at least 10 minutes. Dump the water out and add the food and it will still be warm by lunch time.

Step 5 -- Use ice packs or frozen juice boxes with food that needs to stay cool. Use the thermos for things you would like to keep warm. Water is very important for brain function. When you are dehydrated your brain does not perform at its peak.

Healthy Ideas

Be sure to pack lunches wisely. Protein items and foods low in sugar are the best choices. Sugary treats tend to inhibit concentration while leaving tummies "still hungry."

****BRAIN FOODS (BEST CHOICES)**

Breadsticks or pita chips with hummus**, tortilla chips with bean dip**

Pretzels or popcorn, Cheerios, granola, or other cereal in a bag

Bagel with cream cheese** or peanut butter**

Graham crackers or gingersnaps dipped in applesauce

Mini rice cakes with peanut butter**

Homemade muffins or cornbread

Ramen soup with added vegetables

Fresh fruits: Oranges, watermelon, grapes, kiwi, berries, pineapple etc...

Chopped raw vegetables and dip: bell peppers, cherry tomatoes, chunks of avocado, cucumber, or cooked sweet potato

Spinach, green, or fruit salad

Individual boxes of 100% fruit juices (read label

Applesauce or other fruit cups

Celery with peanut butter** and raisins or celery with cream cheese** and goldfish

Tomato soup, stew, chicken noodle soup etc...

Apple slices with peanut butter**

Nuts** especially mixed with dried fruit

Yogurt** cottage cheese** with fruit

Cheese sticks** or string cheese**

Deviled** or hard boiled eggs**

French toast cut into strips, applesauce for dipping

Poor Choices

Fruit snacks / Fruit by the foot

Cookies, donuts, pudding

Frosted items, sugary or chocolaty items

Foods with food dye

###