

Stock Up

Keep the kitchen stocked with the essentials

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Low-fat deli meats
Canned tuna
Hard boiled eggs
Fruit
Vegetables
Low-fat string cheese
Low-fat cheese slices
Light yogurt
Low-fat peanut butter
Pretzels
Whole-wheat crackers
6" flour tortillas
Whole wheat bread or pita pockets
Bottled water
Low-fat milk



Brown Bagg'n It



One of the best gifts you can give your child is a basic understanding of nutrition and the foundation for good eating habits.

Plan Ahead



- Plan each week's meals in advance.
- Stock your refrigerator and pantry.
- Avoid the morning rush. Pre-pack as much as possible.
- Pack lunches the night before, just after dinner—only one mess to clean up.
- Freeze a water bottle the night before. This will keep foods cold as well as provide something good to drink.



Make It Fun



- Get kids involved! The more they do, the more likely they will be to eat the lunches you pack.
- Use colored plastic wraps instead of plain.
- Pack a single fortune cookie for dessert.
- Use stickers to seal sandwich or close brown bags.
- Use theme napkins on holidays or birthdays.
- Make fruit and veggies "kid-friendly." Peel and cut veggies whenever possible.
- Do the dip. It's O.K. to occasionally send a low-fat dip for those veggies.



Sandwich Substitutes



- Make your own "Lunchables". Keep sliced meats, cheeses and crackers on hand.
- Wrap it up! Put lean meats and cheeses in a small tortilla.
- Stuff sandwich fixin's into a whole-wheat pita pocket instead.
- Soups make a great substitute for sandwiches. (especially on a cold day).
- Instead of serving chicken, tuna, or egg salad between two pieces of bread, let them spread it onto a few whole-wheat crackers.