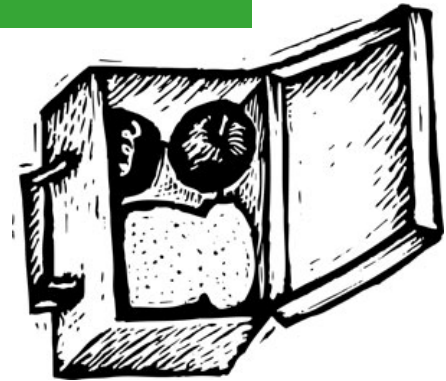


# HEALTHY LUNCHBOX

Eating healthy foods throughout the day will help you child stay energized and focused. Try introducing these nutritious choices into your child's lunchtime routine.

- Water, a can of vegetable juice or 1% milk
- Whole wheat bread, bagels, pita pockets or tortilla wraps
- Individual servings of fresh fruit or applesauce
- Low-fat yogurt or cheese
- Lean meats like turkey, chicken, ham or roast beef
- Graham crackers, granola, fig bars or trail mix
- Hummus or bean dip
- A high-fiber breakfast bar



**Studies show that kids are more likely to eat what you pack if they are involved in the process.**

Here are some ways they can help:

- Let your child choose from a few different options what to pack.
- Create a menu. Packing lunches will be much easier.
- Don't overlook leftovers.
- Surprise them with a special treat every once in a while.
- Take the work out of lunch. A child is more likely to eat an orange that has already