

# HOW TO PACK A HEALTHY SCHOOL LUNCH

The foods your child eats have an impact on their ability to learn and pay attention in school. By choosing the right types of foods you can give your child the support they need to succeed!

## DO Pack:

- Colorful fruits and vegetables
- Some meat/protein
- A little low fat dairy like cheese or yogurt
- Whole grains like whole wheat bread, crackers
- Nuts and seeds
- Make it fun and colorful



## DON'T Pack:

- Chips
- Candy or sweets
- Pre-packaged lunches
- Drinks or food with added sugar and food coloring.
- Foods you know your child won't eat
- Sodas
- Sweetened drinks



Foods labeled "all natural" or even "organic" doesn't necessarily mean they are good for your child. To know for sure you need to read the nutrition facts and ingredients list.



Read the ingredient lists as well as the nutrition facts. Choose foods that have names of ingredients you know. Choose foods low in added sugars and saturated fats. Avoid added food coloring and chemicals.

## Compare products and labels.



## Some ideas:

- Celery with peanut butter and raisins.
- Celery with cream cheese and raisins.
- Sweet peppers
- Baby carrots
- Peanut/almond butter and jelly on whole grain bread.
- Turkey/ham and cheese rolled up.
- Tortilla "sushi".
- Seaweed
- A variety of berries, or a smoothie.
- Water bottle.
- Nuts/seeds
- Apple slices with cinnamon
- Melon balls/fruit salad
- Leftovers
- Colorful salad

## Why is too much sugar bad?

Too much sugar can lead to obesity and tooth decay. One 12 ounce soft drink a day increases a child's risk for obesity.

<http://kidshealth.org/en/parents/sugar.html>

## Why is a healthy lunch important?

Poor diets can lead to energy imbalances which can impact learning and brain function.

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