

Pack Your Child a Healthy, Balanced Lunch!



Try to include:

- One serving of vegetables and one serving of fruit.
- One serving of a low-fat or fat-free milk or dairy item such as a low-fat cheese stick, a yogurt cup, or some cottage cheese.
- One serving of meat, chicken, fish, eggs, peanut butter, beans or another protein source.
- A healthy drink such as water or 100% juice.

Healthy Sandwiches



- Choose whole wheat bread over white bread for added boosts of fiber.
- If your kids are bored with bread, try whole wheat pitas or flatbread/tortillas.
- Switch from bologna, salami, pastrami or corned beef, to low-fat alternatives such as lean turkey or chicken breast.
- Add veggies like lettuce or cucumbers in between slices of lean turkey or ham.
- Use peanut butter in moderation: 2 tablespoons (about the size of a ping pong ball) provides about 190 calories and 16 grams of fat.
- Try using a thinner layer of peanut butter and substituting jelly with banana or thin apple slices for a healthier spin on an old favorite.
- If using mayonnaise, opt for the reduced fat version.

Easy Entrées

- Pack hummus with fresh veggies and whole wheat pita triangles for dipping.
- Include low-fat or fat-free cottage cheese with carrots, cherry tomatoes, fresh berries, or melon. This makes for a calcium-rich, high-protein lunch.

Healthy Drinks

- If you pack juice, make sure it's **100% juice**. Many juice drinks contain no more than 10% juice and are mixed with a lot of sugar.
- Water and low-fat milk are the best drinks for children. They can be frozen to help keep foods in the lunch box cool and will usually be defrosted by lunch time.



Tips:

- Let your kids help make their lunch! They are more likely to eat the lunch if they are involved in the preparation.
- Use an icepack to keep lunches cold for food safety!

Holland Health Dept.
12251 James St.
Holland, MI 49424
(616) 396-5266

Grand Haven Health Dept.
1207 S Beechtree St., Suite B
Grand Haven, MI 49417
(616) 846-8360

Hudsonville Health Dept.
3100 Port Sheldon Rd.
Hudsonville, MI 49426
(616) 669-0040



miOttawa Department of
Public Health

Kids Recipes

Shake-It Up Snack Mix

Makes 6 servings

- 1 cup of any of your favorite cereal
 - 1/4 cup roasted peanuts or sunflower seeds
 - 1 cup pretzel sticks or twists, or bite-size crackers
 - 1 cup dried fruits such as raisins, apples, apricots, dates, pineapple, etc.
- Place all ingredients in a gallon-size baggie and shake to mix.



Bugs on a Rug

Any kind of spread: for example, peanut butter, jam, applesauce, or low-fat cream cheese; raisins or other dried fruit such as finely-chopped apples, dried cherries, or banana chips.

Whole wheat flour tortillas (one per child)

1. Spread a thin layer of one of the spreads on the rug (tortilla).
2. Top with dried fruit (bugs).
3. Roll up the rug and eat the bugs!

Cottage Cheese Faces

Serves 2

- 1 cup low-fat cottage cheese
- carrot sticks
- shredded coconut
- raisins, bananas, sliced kiwi fruit, pineapple tidbits

1. Place a scoop of cottage cheese on a small plate for each child.
2. Decorate it as a face using the fruits and vegetables.

Frozen Fruit and Yogurt Cups

Serves 4

- 2 cups fruit cocktail drained
 - 1 cup low-fat fruit-flavored yogurt
1. Divide fruit cocktail into four small plastic cups.
 2. Top with 1/4 cup yogurt.
 3. Insert a plastic spoon or Popsicle stick for a handle.
 4. Freeze until firm. Eat when frozen.

Pita Pocket Prizes

Serves 2

- 1 piece of pita bread
 - low-fat cream cheese, shredded cheese, or a slice of cheese
 - any chopped vegetables such as: cucumber, carrots, tomatoes, celery, peppers, lettuce
1. Cut the pita bread in half.
 2. Carefully open the “pockets” on each side and spread a thin layer of cream cheese inside, or add the shredded or sliced cheese.
 3. Fill with chopped vegetables.