

the Lunch box

HANDOUT E

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15 TAKE-ALONG LUNCHES FOR PRESCHOOL CHILDREN

Be Safe: Pack all lunches in an insulated lunch box or bag with a frozen ice pack.

1 ½ turkey sandwich
Carrot sticks
½ banana
Water

2 Celery with peanut butter
2 graham cracker squares
Cantaloupe slices
Low-fat milk

3 Low-fat cheese strips
6 whole-wheat crackers
Tomato wedges
Oatmeal raisin cookie
100% grape juice

4 Ham strips
Small bran muffin
Pineapple tidbits
Low-fat milk

5 Cheese pizza wedge
(small)
Snow peas
100% apple juice

6 ½ peanut butter and
banana sandwich
Broccoli florets
Low-fat milk

7 ½ tuna sandwich
Cucumber circles
Strawberries
Low-fat milk

8 Mini pita with hummus
and lettuce
Orange wedges
Animal crackers
Low-fat milk

9 Low-fat cottage cheese
Pineapple chunks
Bread sticks
Zucchini rounds
Water

10 Homemade trail mix
(recipe on page 2)
Red bell pepper strips
Low-fat milk

11 Bean and cheese burrito
Cherry tomatoes (cut in half)
Peach slices
Water

12 Baked chicken thigh
Graham crackers
Kiwi slices
Low-fat milk

13 ½ roast beef sandwich
Small green salad
(with low-fat dressing)
Grapes (cut in half)
Low-fat milk

14 Leftover casserole
Baby carrots
½ pear
Low-fat milk

15 Unsweetened,
ready-to-eat cereal
Broccoli florets
Tangerine
Low-fat milk

Homemade Trail Mix

- ¼ cup toasted oat cereal
- 2 tablespoons raisins or chopped dried fruit
- 1 tablespoon sunflower seeds (without shells)
- 5 pretzel sticks



Place all ingredients in a small, plastic zipper bag. Seal the bag and shake.



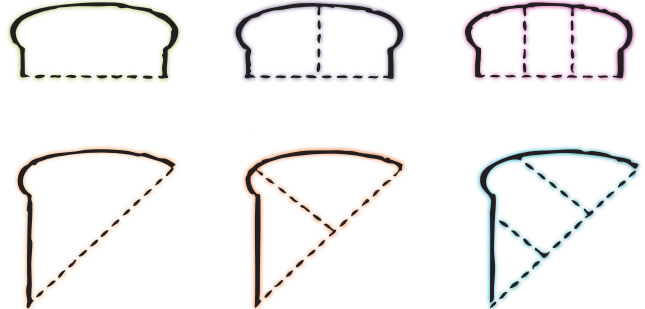
Reduce Fat

Cut down (but don't eliminate) fat in your child's diet by choosing

- low-fat and fat-free dairy products (milk, cheese, yogurt)

Add More Variety

Pack interesting sandwiches for your child's lunch by using different types of breads and fillings. Cut sandwiches into fun shapes using a cookie cutter or these ideas:



- lean meats, poultry, and fish (prepared with no added fat)
- tuna packed in water
- low-fat or fat-free mayonnaise
- fat-free snacks like pretzels

Reduce Added Sugar

Pack a healthier lunch by choosing foods with little or no added sugar.

Use

- *fresh fruit*
- *100% fruit juice*
- *fruit canned in juice*
- *unsweetened ready-to-eat cereal*

Instead of

- *fruit bits, fruit snacks, fruit rolls*
- *fruit drinks*
- *fruit canned in syrup*
- *presweetened ready-to-eat cereal*

Tip: Keep cut fruit from turning brown by dipping it in pineapple juice before you pack it in the lunch.



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