

PACKING A HEALTHY LUNCH FOR YOUR KIDS

Buying lunch at school might not be the healthiest option for your child as typical cafeteria foods may not be too healthy. Packing a school lunch for your kids can be a healthier option.

Healthy Packed Lunches

Prepackaged lunches for kids such as chips, cookies, and corn-puffs are popular and convenient, but they're also expensive and may not be too nutritious. Instead, create your own lunch using healthier ingredients. Consider these components while packing food for your child:

1. **Fruit:** Add fruit that can remain firm, even after a few hours of sitting in the lunchbox e.g. a medium apple, a banana, ¼ cup of green grapes. Change it up by making fruit kebabs with a variety of your kid's favorite fruit. Try sprinkling a bit of lemon juice to stop the fruit from browning.
2. **Wraps:** Roll chicken or veggies into a wrap using pita bread. Try to cut the wrap into fun bite sized pieces. These can also be made with peanut butter, home-made chicken spread or using cottage or feta cheeses!
3. **Vegetables:** Add in bite-sized veggies such as carrots and cucumbers for a healthy snack. Try adding in a bit of light salad dressing or hummus for your child to dip them into.
4. **Fruit juice:** Give fruit juice instead of any other sugar based beverage, so that your child stays hydrated without consuming extra calories.
5. **Pasta:** Try adding in a cold pasta salad that's filled with veggies and beans to get in a bit of protein and fiber. Mix it up by changing the type of pasta and the dressing used.

Be sure to check with the school to make sure that there aren't any restrictions on what kids can pack in their lunches. Also don't forget to involve your kids in the process in order for them to get used to enjoying healthier food items earlier on in life.