

# TIPS for HEALTHY SCHOOL LUNCHES and AFTER SCHOOL SNACKS

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## Keeping Kids Healthy and Happy

As kids return to the classroom, the battle of planning and packing healthy school lunches is often a top priority for many parents. If you are looking for new ideas to add some life to lunch, the key is simple: Pack the Pyramid!  
Try to include something from each of the following food groups:

### GRAINS – THINK WHOLE

- 100% whole grain bread/bagels
- brown rice
- whole grain crackers – lowfat preferred
- tortillas/baked tortilla chips
- pasta – leftovers/great as a cold salad
- whole grain pita pockets
- ginger snaps or fig bars
- plain popcorn or bread sticks

### FRUITS – BUY IN SEASON

- variety of fresh fruit
- 100% fruit juice
- dried fruit
- canned fruit packed in its own juice
- unsweetened applesauce

### VEGETABLES – USE RAW, IN SANDWICHES AND SALADS

- assorted raw veggies
- vegetable juice
- dried vegetable chips
- cole slaw (with reduced fat mayo)
- garden salad
- vegetable soup



### DAIRY – THINK LOW FAT

- yogurt
- skim/low fat milk
- light cheeses; string cheese
- soy yogurt/milk (Silk brand fortified with calcium – check labels)
- puddings

### PROTEIN – GO FOR LEAN AND VARIETY

- lean cuts of meat
- tuna fish/tuna salad
- white poultry such as chicken or turkey
- nuts
- nut butter
- beans
- seeds (such as pumpkin and sunflower)
- hard-boiled egg

### SUGARS AND OILS – USE SPARINGLY

- light salad dressings
- jam - look for no added sugars
- smaller portions of sweet treats go a long way