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