

# KEYS TO BETTER HEALTH™

## Back To School: Tips On Creating A Lunch Your Child Actually Wants

Within a couple weeks of the same-old, same-old for school lunch, kids get bored and eating habits take a hit. Kids either toss lunch or skip it all together, and that leads to overeating later in the day. Lunch is a very important meal, and **Keys To Better Health™** is here to share some tips on new, exciting twists on school lunch that your kids will love.

Everyone loves PB & J, but kids grow tired of it, even if it's a favorite. For new sandwich ideas, try tuna salad on whole grain, fresh mozzarella and tomato with a drizzle of red wine vinaigrette on Italian bread, or reduced sodium ham & low-fat cheese inside a whole-grain pita pocket.

A sandwich alone isn't enough to satisfy a growing child's appetite, that's why healthy sides are important. Potato chips are salty and fried. Instead, try baked sweet potato chips, homemade kale chips, pita chips, or dried fruit chips such as apple, pineapple, etc.

Incorporate a "no-sweets" for lunch rule. Some children have blood sugar swings if they consume too much, and this may have a negative effect on their ability to concentrate in the classroom. Mix things up with a fruit or vegetable smoothie in your child's thermos, instead of sugary fruit juice.

Keep safety in mind, and ditch the brown paper bags, which are poor at maintaining food at a safe temperature. Invest in an insulated lunch container and ice pack, which will keep perishable food safe until lunch.

Keys To Better Health™ nutrition labeling program makes it easy for you to find everything you need to build your kids a better, healthier school lunch. When you're shopping, be on the lookout for colorful tags on the shelf edges throughout the store directing you to healthy foods that are "Low Sodium," include "Whole Grains," and much more.



*Please note: Information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.*