



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Pack lunches that make the grade!

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Making sure our kids have a healthy, balanced lunch and snacks to fuel them through their classes and afterschool activities is important. But, packing items they like and parents feel good about can be a challenge. Get your family into a routine of packing lunches they won't trade.



The key is to involve them in planning and packing!

- Let kids provide a list of lunch items and select those that are parent-approved
- Buy a variety from the list and organize by bins in the pantry and fridge
- Use the weekend to prep – clean/chop and pack/store in single servings
- Think finger foods and mix-n-match
- Use **MyPlate** as a model – include something from each food group



Safety of food in a packed lunch is a concern, even with an ice pack. Some additional items which could be frozen and thaw by lunchtime include yogurt, bottled water, grapes, cheese cubes, etc.

If school is a nut-free zone, try sunflower seed butter instead. It has twice the amount of fiber than traditional peanut and nut butters.

PB & Fruit Roll-Ups

Ingredients:

- 1 banana, mashed
- 2 tsps. honey
- 1/4 cup low-sodium peanut butter
- 2 (8-inch) whole wheat tortillas
- 10 grapes, quartered
- 4 strawberries, thinly sliced
- 1/4 tsp. cinnamon



Directions:

- Mix banana, honey and peanut butter in small bowl.
- Spread onto tortilla and layer with grapes and strawberries. Sprinkle with cinnamon.
- Roll up tortilla, slice into 1-inch thin slices and serve.
- Add a side of veggies (raw with dip or hummus) and dairy (cheese cubes or yogurt) for a MyPlate meal.

Adapted recipe and image courtesy of ProduceForKids.com.