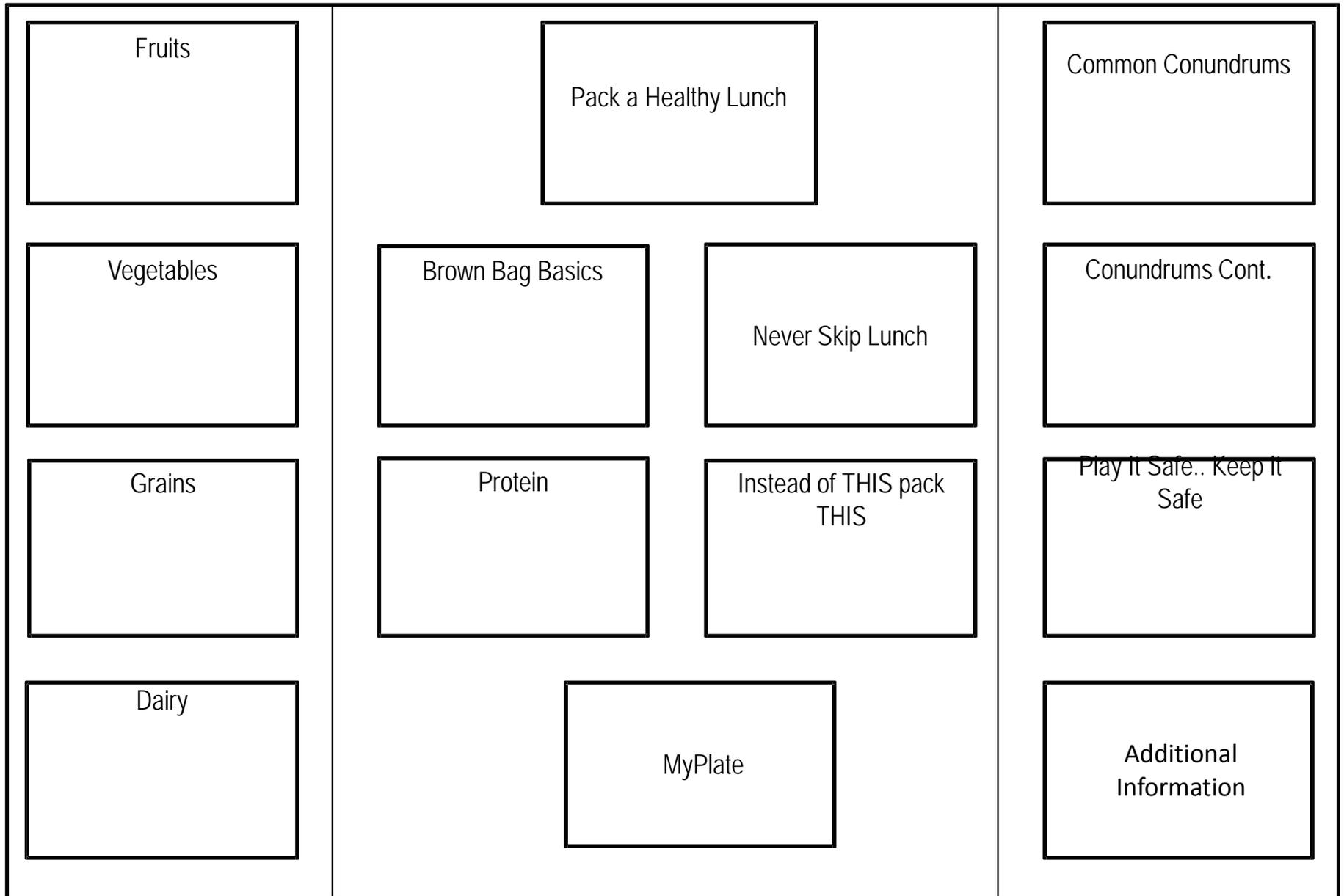


Suggested Layout: Pack a Healthy Lunch with a Punch



Supplies Needed:

- Tri-fold display board, 48" x 36".
- Tacks to attach paper to board.
- Printed PowerPoint slides (15) on cardstock weight paper.
- Brown Lunch Bag (or other lunch box), food sample labels such as whole grain bread choices, serving size fruit cups, yogurt container, 100% Juice container, etc. Items which one might include in a brown bag lunch.
- Tupperware of various sizes used to transport lunch items.
- Food Models or pictures of appetizing lunch entrees.

Suggested Handout:

- "Brown Baggin' It – A Guide to Lunches on the Go", North Dakota State University Extension (<http://www.ag.ndsu.edu/pubs/yf/foods/fn1416.pdf>)

Supplement Handout:

- "Healthy Packed Lunches for Back to School" (http://food.unl.edu/c/document_library/get_file?uuid=d17c90e6-539d-4ab8-92e7-cbfe2e482647&groupId=4089458&.pdf)

Suggested food sample items: mini packs of peanuts, easily packable fruit/vegie items such as grapes, broccoli flowerets, mini carrots, etc.

Display Resources:

- www.choosemyplate.edu
- www.fsis.usda.gov

PACK A HEALTHY LUNCH

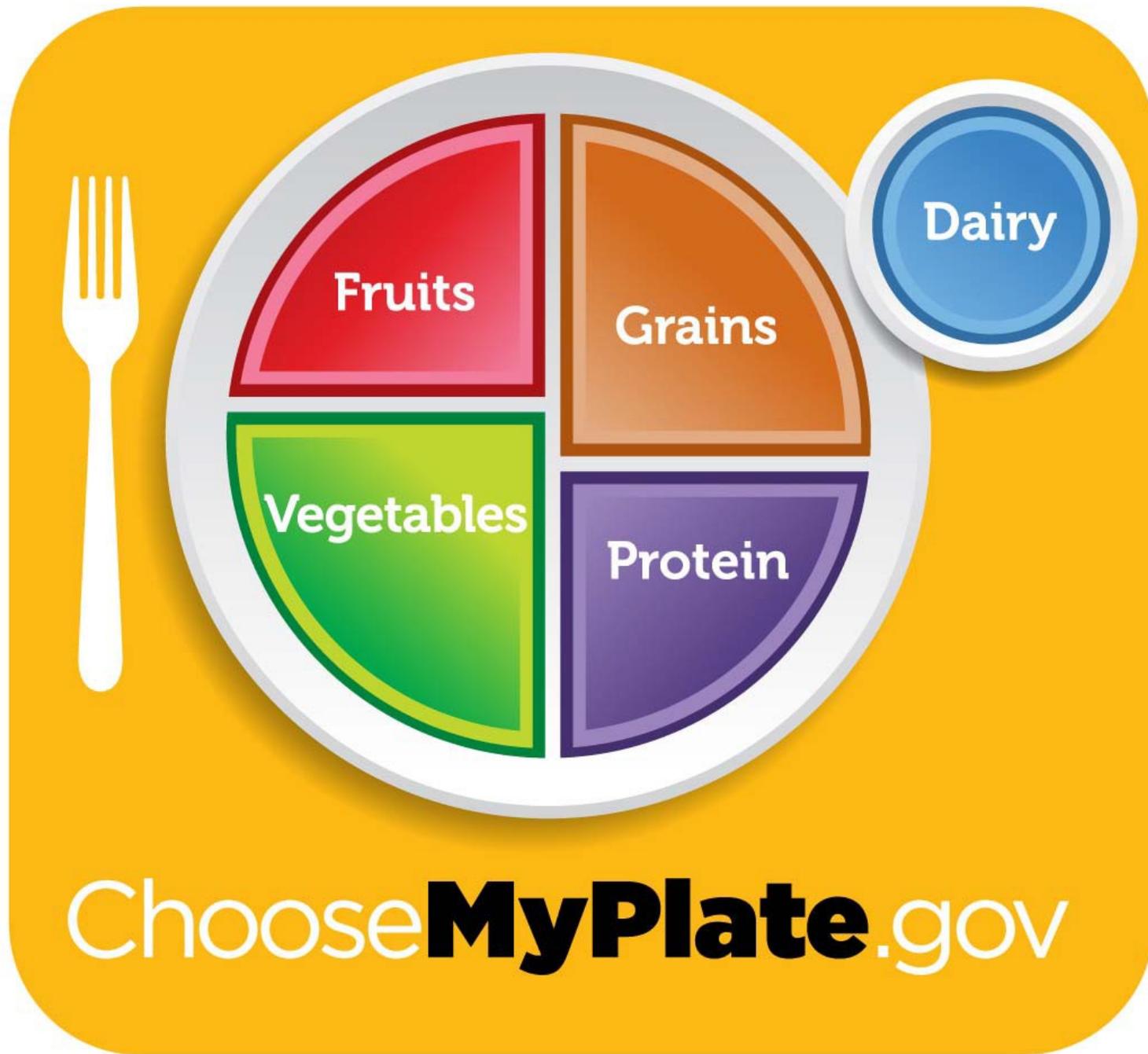
WITH A PUNCH!



Brown Bag Basics



- A healthy lunch contains 5 parts: fruit, vegetable, grain, protein, and dairy.
- Avoid excess sugar and fat by limiting desserts and fatty condiments.
- Lunch should be low-cost, tasty, and easy to eat.
- Follow proper food safety procedures and techniques.



Choose **MyPlate**.gov

FRUITS

- Lunch choices: Sliced apples, banana, orange, applesauce, kiwi, grapes, berries, melons, mixed fruit cocktail.
- Sources of potassium, dietary fiber, vitamin C, and folate.
- *Make half your plate and vegetables.*



VEGETABLES

- Lunch choices: Lettuce, spinach, tomatoes, onion, peppers, carrots, cucumber, celery, beans.
- Sources of potassium, dietary fiber, folate, and vitamins A and C.
- *Make half your plate fruits and vegetables.*



GRAINS

- Lunch choices: Whole wheat bread or tortillas, brown rice, quinoa, whole wheat pasta.
- Sources of fiber, thiamin, riboflavin, niacin, folate, iron, magnesium, and selenium.
- *Make half your grains whole grains.*



PROTEIN

- Lunch choices: Deli meats, chicken, tuna, hard-boiled egg, peanut butter, hummus, sunflower seeds.
- Sources of protein, niacin, thiamin, riboflavin, B6, vitamin E, iron, zinc, and magnesium.
- *Choose a variety of lean protein sources.*



DAIRY

- Lunch choices: Milk, cheese, soymilk, & yogurt.
- Sources of calcium, potassium, vitamin D, & riboflavin.
- *Switch to fat-free or low-fat 1% milk.*



Common Lunch Conundrums

- Soggy Salad: To keep your salad or sandwich crisp put condiments and vegetable toppings in a separate container until lunchtime.
- Squished Sandwich: Use a small Tupperware container to store your sandwich.



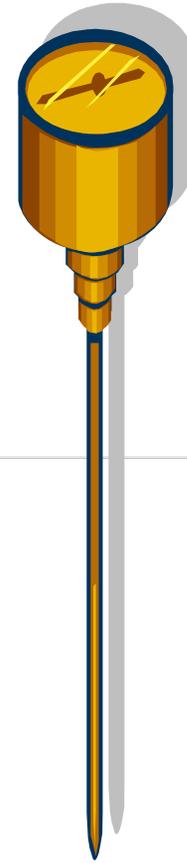
Conundrums Continued



- *PB & J Burnout*: Add variety to your lunch by trying salads or wraps and adding fresh veggies to your favorites.
- *No Time*: Pack a variety of healthy snacks like carrots, nuts, apple slices, and yogurt.

Play it Safe...Keep it Safe

- Keep everything clean, don't cross-contaminate
- Throw away uneaten food and packaging used.
- Heat leftovers to 165°F before eating.
- Keep cold foods below 40°F: store the refrigerator, use an insulated container, and pack with at least two ice sources.
- Keep hot foods above 140°F: fill an insulated thermos with hot water before adding food and closing.



...and Keep it Safe



- Keep cold foods below 40°F: store the refrigerator, use an insulated container, and pack with at least two ice sources.
- Keep hot foods above 140°F: fill an insulated thermos with hot water before adding food and closing.

Instead of THIS

Pack THIS

Potato Chips



100% Whole Grain Crackers

Ranch



Hummus

Soda



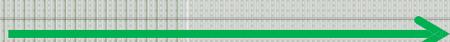
Bottled Water

Cookies



¼ cup Almonds

Pudding Cup



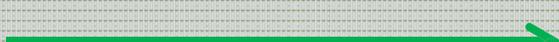
Yogurt

Leftover Pizza

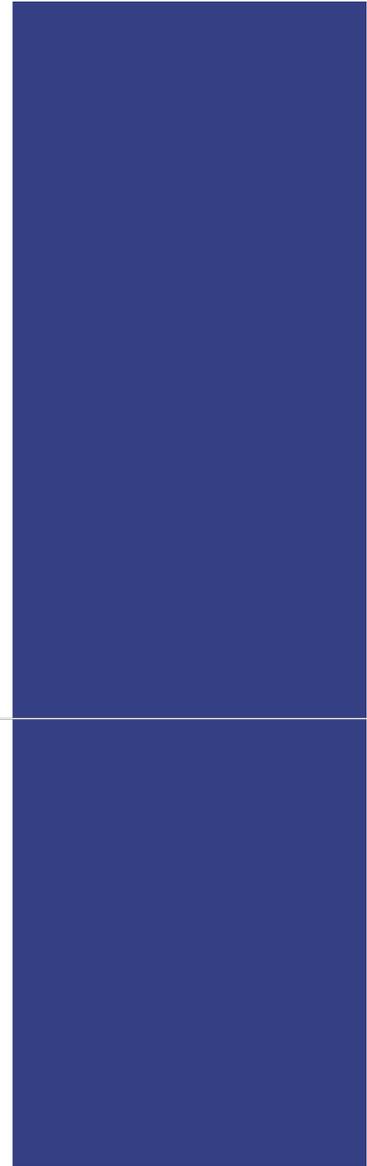


Veggie Wrap

PB & J



Chicken Salad with veggies and cranberries



Additional Information

- Look online for healthy choice brown bag lunch ideas to help you save time and money.
- Check out www.Choosemyplate.gov and www.eatright.org websites for further information on the USDA MyPlate guidelines and other great tools for planning healthy meals.

