

Healthy School Lunches

Prepare school lunches that provide essential nutrients. Nourishing food:

- Creates a lifelong pattern of healthy eating.
- Exposes kids to a variety of new foods.
- Avoids harmful levels of artificial additives.
- Controls the amount of salt, sugar and fats a child eats daily.

Include a variety of cut-up fruits and vegetables. Add healthy dips like hummus. Make ranch dressing with yogurt. Provide whole-wheat crackers, bread, pita pockets and pasta. Consider healthier whole grain options. Pack fig cookies, popcorn, oatmeal cookies, banana bread and mini pita chips. *Avoid packaged chips and cookies.*

Healthy food containers are as essential as the healthy food they contain. Pack your child's lunch and drinks in containers that *do not contain toxic materials like BPA and phthalates*. Use stainless steel, organic cotton and BPA-free plastic. Bento boxes are a fun way to organize lunches.

TO LEARN MORE:

- *Search the Internet for Healthy School Lunches.*
- *Find out about food additives at <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAP-Says-Some-Common-Food-Additives-May-Pose-Health-Risks-to-Children.aspx>*



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

Revised 2017

