



A Nutrition Resource



LIVEN UP SACK LUNCHES

Lunch is important for you and your kids! Lunchtime is your child's time to refuel after a busy morning. Repeated studies have shown that kids who eat breakfast and lunch do better in school.

Kid friendly tips for a super sack lunch

- Involve kids in packing their lunches, let them pick out nutritious foods they will like and eat.
- Make dessert a nutritious part of your kids' lunch. Use fresh fruits instead of candy bars or high fat cookies. Avoid packing them high calorie, low nutrient foods such as chips and soda in lunches.
- Include at least one serving of fruit, a serving of protein (such as lean meat, egg, beans, peanut butter), and use vegetables creatively - as sandwich garnishes, in a salad, or cut up with a low-fat dip.
- Remember, your kids are growing! But the right amount is usually not as big as an adult portion.

Keep in mind that kids like

FOODS THAT FIT IN THEIR HAND- Cut up fruits and vegetables in smaller sizes.

SHAPES- Use cookie cutters to create fun shapes in lunch foods.

DIPPING FRUITS & VEGETABLES- Add bean or yogurt dips, low fat dressing, or salsa.

ROUTINE- Don't worry if your child chooses the same food day after day. Include favorite foods with new ones.

SURPRISES! Occasionally including a note or treat makes lunch fun.

Keep it safe

- Use an insulated lunch bag or double bag paper sacks.
- Keep cold food cold by using a frozen chill pack or freeze a juice box or water bottle.
- Keep hot foods hot by using a thermos and heating foods to 165°F or boiling before packing.
- Remind kids not to eat leftovers from lunch that need to be kept cold or hot. For example, crackers are OK to eat, but a tuna sandwich is not!

Build a lunch

For a healthy lunch, choose foods from at least four of the five food groups. For example:

GRAINS: Whole grain bread

VEGETABLES: Carrot sticks with hummus

FRUITS: Apple slices sprinkled with cinnamon

DAIRY: Low-fat milk

PROTEIN: Peanut butter or egg salad sandwich

Leftovers for lunch

Create tomorrow's lunch while putting away dinner from tonight. This saves cleanup time.

- Wrap leftovers like vegetables, rice, and meat in a tortilla. Pack a small container of salsa with the wrap.
- Rinse and drain a can of beans. Combine with leftover salad and dressing.
- Take leftover chili, soup, or stew in a microwave safe container.

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
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EXTENSION

Southwestern Lunch Wraps

Yield: 8 Servings | Serving Size: 1 Wrap

- 1 cup cooked pinto beans (or canned, rinsed)
- 2 cups cooked black beans (or canned, rinsed)
- ⅔ cup frozen corn (or canned, drained)
- Optional: chili powder, cumin, minced garlic, paprika, salt, and pepper
- 1 cup unsalted, canned diced tomatoes (drained)
- 8 (8 inch) whole wheat tortillas
- 1 cup shredded cheddar or pepper jack cheese
- 1½ cups salsa
- Fresh cilantro

- 1) Preheat oven to 350°F. Place beans, corn, tomatoes, and spices (if using) in large bowl and toss to mix. Add in cheese. Mix well.
- 2) Spoon the mixture evenly between the tortillas and roll up.
- 3) Bake for 10 minutes or until cheese is melted. Top with salsa and cilantro (if using).

***Tip:** Make these wraps ahead of time and freeze until ready to use. Look for low sodium salsa (less than 300 mg sodium per serving).*

Nutrition Facts	
8 servings per container	
Serving size	1 wrap (199g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 520mg	23%
Total Carbohydrate 41g	15%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 208mg	15%
Iron 2mg	10%
Potassium 316mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Carrot-Raisin Salad with Yogurt

Yield: 7 Servings | Serving Size: 1/2 cup

- 5-6 carrots, peeled and shredded
- 1/2 cup raisins
- 1 6-ounce carton low-fat plain or vanilla yogurt
- 1 teaspoon cinnamon

- 1) Mix all ingredients together.
- 2) Cover and refrigerate. Serve chilled.

Nutrition Facts	
7 servings per container	
Serving size	1/2 cup (92g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 61mg	4%
Iron 1mg	6%
Potassium 269mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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