

Back-to-School LUNCH TIPS

Back-to-school season is the perfect time to build healthy eating habits. Packing a nutritious lunch doesn't have to be complicated.

Follow these three simple tips to make lunchtime easy, healthy, and fun!



1. MIX UP THE MENU



- Swap standard sandwich spreads for hummus, pesto, or nut butters.
- Try different lunch formats like pita pockets, wraps, or bento boxes.
- Add colorful fruits and veggies such as carrots, cucumbers, berries, and apple slices.

Variety keeps lunch exciting and nutritious!

2. KEEP FOODS FRESH



- Use reusable ice packs or freeze yogurt cups and juice boxes to help keep lunches cool.
- Pack hot or cold foods in a thermos to maintain the right temperature until lunchtime.

3. PLAN AHEAD



- Prep fruits, vegetables, and snacks on the weekend to save time during the week.
- Pack what you can the night before and have lunch gear ready to go.
- Let kids help choose and prepare their lunches to encourage healthy eating habits.



Small steps today lead to healthy habits for life.

Here's to a healthy, happy school year!

