

Make a midday marvel

Lunch is an important pit stop for kids to power up for the rest of their day. Whether packing a lunch or eating at school, lunch helps kids:

- Add in more fruit and veggie servings
- Reboot their bodies and brains for lasting energy
- Avoid getting overly hungry before the day ends



MAKE AHEAD LUNCH IDEA:

Salad in a jar

These salads are a huge time saver for busy families, and they're perfect for a meal at home or on the go. Remember, kids are much more likely to eat and enjoy what they helped create, so this is a great option to get kids in the kitchen so they can try for five.

Step 1: Chop

Step 2: Layer

Step 3: Shake, pour and enjoy or refrigerate up to four days

Layering your mason jar meal



greens (lettuce, spinach, cabbage)

proteins (cheese, chicken, tuna, egg)

veggies (mushrooms, tomatoes, carrots, etc.)

dressing



"How can I mix up my kids' lunch so they don't get bored, but still get what they need to power through their day?"



Get kids involved in the planning and prepping of their lunches and they'll no longer be bored! Also, making foods that are bite-size and easy to eat will help kids eat better, especially when they're short on time. Here are just a few ideas:

- Fruit and veggie cutouts. Let kids cut produce into their favorite shapes and sizes.
- Simple sandwiches or wraps (recipe on page 34). Make them fun and easy to eat by cutting them into small squares or pinwheels.



What's up, Doc?

Lunch matters!

"Studies show that children who eat a well-balanced lunch often do better in school and are more alert. If your child eats lunch at school, rest assured, a good variety of fruits and veggies are offered; plus they are getting one-third of their daily needs from important nutrients like protein, vitamins A and C, iron and calcium."

— **Stephen Scallon, MD, Pediatrician,**
Stillwater Medical Group

