

Make Healthy Lunch a Habit

Pack your lunch

- Plan ahead- Make extra at supper so you have leftovers for lunch.
- Change your lunch- Make sandwiches using whole grain buns, small bagels, wraps, pitas, or crackers.
- Get your children involved. They are more likely to eat their lunch when they help plan and prepare it.



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When eating out

- Select smaller portions.
- Pick steamed, baked, grilled poached items.
- Choose vegetables instead of fries.
- Reduce the amount of sauces, condiments, and dressings.

