Remember MyPlate When Packing Your Child’s Lunch

Focus on colorful veggies
Pack more dark green, red, and orange vegetables such as bell pepper strips, broccoli, and carrots for your child to enjoy.

Fuel up with fruits
Oranges, pears, berries, peaches, and unsweetened applesauce are a few great choices to easily fit in a lunch box.

Vary the protein
Peanut butter, tuna, nuts, hummus, chilled hard-boiled eggs, or a lean turkey sandwich are great and easy to pack for a lunch.

Pack calcium-rich foods
Choose low-fat milk, yogurt, and cheese for your child. Dairy foods contain calcium for strong bones and healthy teeth. Keep dairy foods cold with an ice pack.

Shoot for whole grains
Choose whole grain foods such as popcorn, whole wheat bread and whole wheat tortillas more often.

Don’t forget the water!
Encourage your child to drink plenty of water during the day, especially after P.E. and recess. Pack a water bottle in lunches to keep your child hydrated.
Enjoy Being Active as a Family

Being active as a family can benefit everyone. Adults need at least 150 minutes of physical activity a week and children need at least 60 minutes a day. Getting active together maximizes family time and also builds stronger relationships.

Start with favorite activities. Let each family member choose their favorite activity and go from there! Beginning with favorites and learning from a passionate family member allows for families to get active in fun new ways.

Use what is available. Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs or activities your community offers for free or minimal charge.

Treat the family with fun physical activity. When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

Include work around the house. Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.

Build new skills. Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

Source: www.Choosemyplate.gov