

MyPlate, MyLunchbox

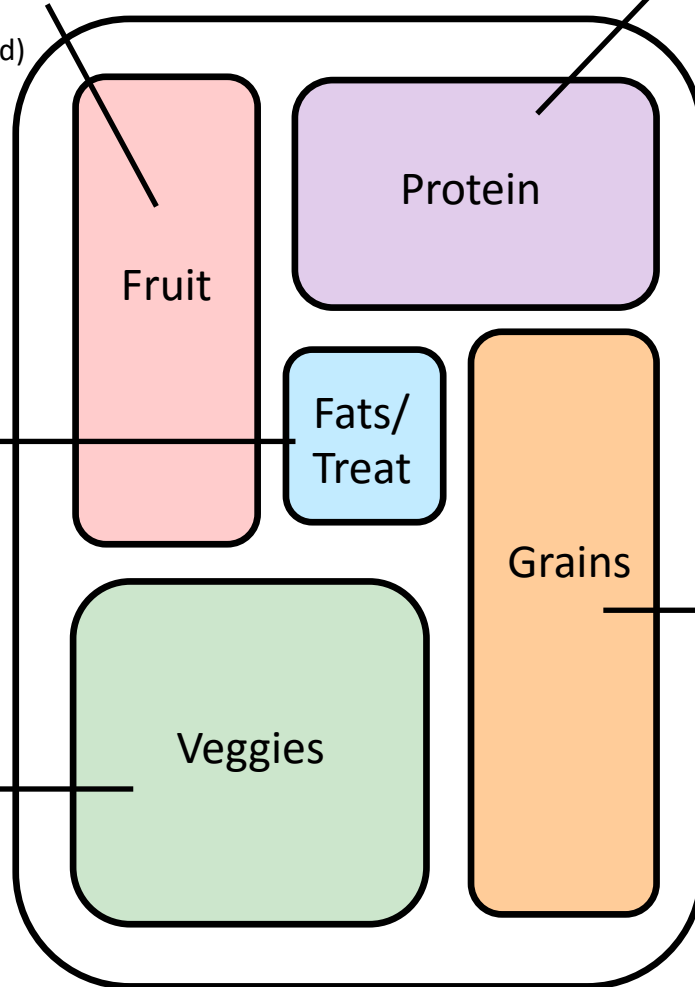
Fresh fruit
 Dried fruit (no added sugar)
 Canned fruit (in fruit juice)
 Frozen fruit
 Applesauce (unsweetened)

Nut butter (peanut, almond, sunflower seed)
 Veggie/fruit dip
 Guacamole
 Fun sized candy bar
 Natural fruit snacks
 Marshmallows
 Chocolate chips
 Animal crackers
 Graham crackers
 Cookie (1-2 small)

Fresh veggies
 Frozen veggies
 Canned veggies (no salt added)

Natural deli meat/cheese
 Hard boiled eggs
 Cottage cheese
 Greek yogurt
 Meat (chicken, steak, turkey, tuna)
 Beans
 Nut butter (peanut, almond, sunflower seed)

Whole wheat bread
 Whole wheat crackers
 Whole wheat pita bread
 Brown rice
 Whole wheat pasta



Lunchbox Inspiration

Chipotle Ranch Quesadilla and Pepper Boats

Whole wheat tortilla with cheese, refried beans + Chipotle ranch + mini peppers (scooped out with hummus inside) + grapes

Butterfly Bento Box

Whole wheat bread with nut/seed butter, banana, honey + clementine + chocolate chips + cucumber

Pizza Lunchbox

Whole wheat pita with tomato sauce, mozzarella cheese, ham, mushrooms, bell pepper + carrots + ranch dressing + applesauce

Tips For Success

- Purchase a Bento Box or similar style lunchbox
- Use silicone cupcake liners for dips or sauces
- Get kids involved in meal planning and lunchbox choices! Sit down with kids and make a list of their favorite food items then post this list for inspiration.
- Make food fun!
 - Cut sandwiches into shapes using cookie cutters
 - Make fruit/veggie skewers or sandwiches on a stick
 - Make pinwheels by wrapping sandwich contents in a tortilla and roll it
 - Hide notes of encouragement or “I love you” in the lunchbox
 - Kids love to dip! Contact your local Hy-Vee dietitian for healthy dip recipes.
- Have kids help make homemade ice packs: soak a sponge in water, put it in a plastic bag and freeze overnight! As the “ice” melts the sponge will reabsorb it for repeated use.
- Think outside the lunchbox-don’t feel obligated to serve only typical lunch food items. If your kid loves breakfast foods, serve them a peanut butter waffle sandwich in place of a regular sandwich to increase lunchtime excitement. If your kid enjoys snacks, turn snack foods into a meal!
- Utilize “meal planning bins” to speed up your morning. Take time on the weekend to prep fruits, veggies, sandwiches, etc. into plastic bags. Fill refrigerator bins with items from different foods groups. In the morning simply grab a bag from each bin to put in the lunchbox.

