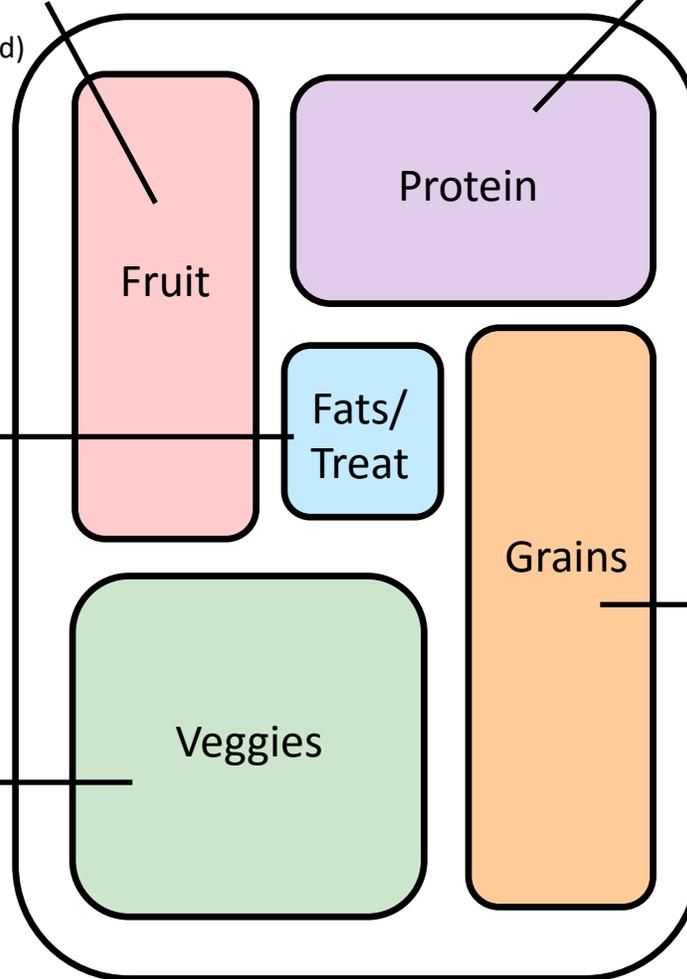


# MyPlate, MyLunchbox

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.

