

Preparing Safe and Health Bag Lunches for Children

By:

Department of Health and Human Services/ Office of the Surgeon General/
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Nursing Professional Advisory Committee

Safe Lunch Packing Made Easy

- Adults and kids get involved in preparing healthy lunches – ensure to have:
 - Available healthy food selections
 - Make it fun and interactive
 - Know the food groups
 - Read nutrition labels
 - Everyone do their part

Simple Lunch Prep Steps Recommended

- Always wash hands
- Pack only food that will be eaten
- Maintain food at proper temperature – use cold pack or frozen drink if needed
- Consider foods that do not need a cold source

Maintain Food Safety

- **Limit the risk of foodborne illnesses**
 - Maintain a clean area during food preparation
 - Do not cross contaminate food during preparation
 - Keep cold foods cold and hot foods hot

Make Smart Food Choices

- Review the Food Pyramid with Kids
 - Proteins: chicken, tuna, peanut butter
 - Grains: whole-wheat pasta or breads
 - Vegetables: celery sticks
 - Fruits and Nuts: grapes, walnuts, etc.
 - Dairy: cheese or yogurt

Fresh is Always Best

- Fruits and veggies provide needed vitamins and minerals
 - Aid in child growth
 - Aid in maintaining proper weight
 - Consider replacement for high calorie processed foods

Lunch Tips Made Simple

When we all do our part – parents and kids, lunch prep is not such a daunting task.

References

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