



Healthy Summertime Lunches



Summer vacation is here and the kids are on the go. You have children that go to summer camp, have joined the local summer leagues or are trying out some new hobbies like summer theatre or art class. Or you may just want to be ready with a healthy lunch for the beach or picnic.

Either way, your child is on the go. You want to make sure they are set for the day with a healthy summer lunch. Here are some healthy lunch box tips to make your child's summer lunch box a super healthy treat!



Healthy Lunches In The Summer Time:

July 2012

- Some types of fruits travel easier in a lunch bag like grapes, orange slices or cherries. Choose fruits that won't get bruised as easily as others.
- Keep a handful of water bottles in your freezer. Throw one in the lunch bag in the morning and it will keep the food cold and be melted by lunch.
- Have several cold packs in your freezer ready for any last minute trips to the park or pool.
- Keep a lunch box size cooler in the car filled with high fiber healthy granola bars, nuts, water, and whole grain crackers. Just in case you make any unplanned stops and your kids are saying, "I'm starving!"
- Pre-portion snacks that you buy at the grocery store into baggies or plastic containers immediately so that they are ready to go for the week.
- Finally, create at least 3 meals that take less than 15 minutes to prepare that you can keep on hand. This will help when your child is starving and you just walked in the door. Consider a grilled cheese sandwich or scrambled eggs instead of stopping for fast food.



Is there a health topic you want to know more about? For more information about fitness, education and nutrition, or other health programs, contact Grace Keith, Health Educator, 850.926.0400 x. 215 or Grace_Keith@doh.state.fl.us

And you may want to try these...

- whole grain crackers, apple slices, celery sticks, cheese cubes
- pretzel sticks, berries, cucumber slices, cheese slices
- mini-muffins, grapes, carrot sticks, vanilla yogurt
- Goldfish-like crackers, bananas, sugar snap peas, chocolate milk (low fat)
- pretzel thins, melon chunks, raw broccoli, pudding
- bagel chips, applesauce, grape tomatoes, hummus
- mini-rice cakes or rice crackers, canned fruit (in juice - not syrup), sliced deli meat
- cooked ball of rice, dried fruit, frozen peas, baked chicken strips
- granola bars, orange wedges, frozen edamame (soy beans), peanut butter
- banana bread, zucchini bread, or other quick breads, almond butter

Use your imagination and ask your child for their ideas too!

Slice or chop fruits and vegetables so that they are not a choking hazard to young children.



Let the kids help plan their lunches for the week.

Leave your child a fun healthy note in their lunch box.

Switch from regular mayonnaise to low fat or fat-free

Steps to Success

