

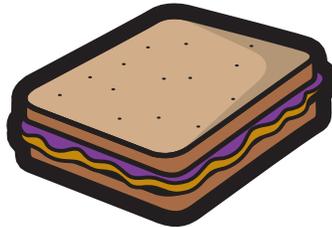
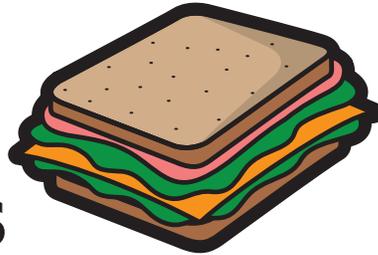
Healthy Lunchbox

Bring **WATER** everyday!

Putting tap water in a reusable bottle is FREE and will help keep your child hydrated all day!

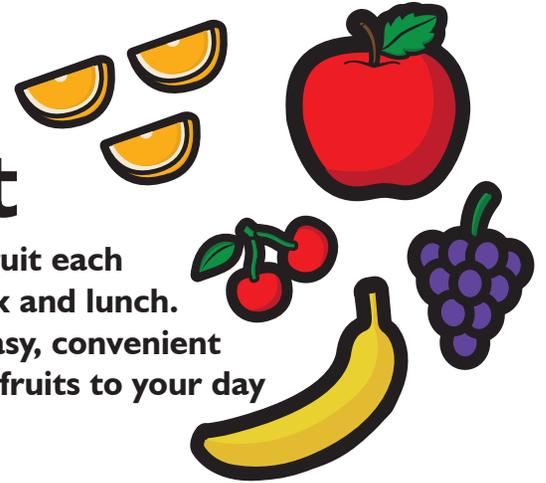


Whole Grains



Make sandwiches with whole grain bread. Look for labels that say “100% Whole Grain”

Fruit

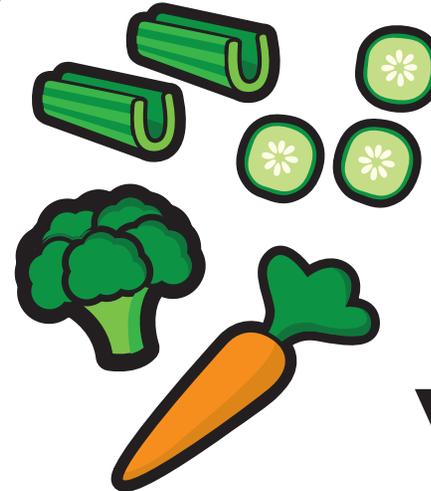


Pack fresh fruit each day for snack and lunch. These are easy, convenient ways to add fruits to your day

Pack healthy snacks each day. Add a healthy sweet or savory treat. Try whole grain crackers and pretzels for savory snacks or dried fruits for sweet treats.



Snacks



Add veggies in your child's lunch. They add a healthy crunch instead of chips.

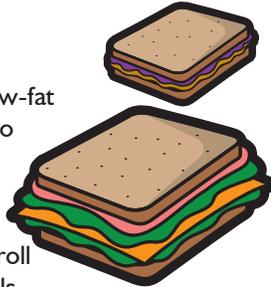
Veggies

Building a Healthy Lunchbox...

Just got easier! At our summer day camp, we are working hard to ensure children attending are provided with opportunities to enhance their health and well-being. An important part of this is making sure children eat healthy foods during our summer day camps. To help parents with this, we suggest the following items be packed for your child's snacks, lunches, and beverages everyday. Following these simple guidelines can help children have the needed nutrition and energy to have fun and enjoy all the exciting activities we have planned this summer!

Sandwiches

The main entrée is a way to get healthy whole grains and low-fat protein into your child's lunch. If you're packing a sandwich, go for 100% whole grain breads and tortillas. There's nothing easier than a peanut butter and jelly sandwich on whole wheat bread. Or, mix it up by making a roll-up sandwich. Spread refried beans and salsa on a whole wheat tortilla and roll it up. Slice into several small rolls for delicious Bean Pinwheels.



Healthy Snacks

Kids have tiny tummies and often like to graze throughout the day. Make every bite count by packing healthy snacks. Do you have a kid who likes chips for snacks? Swap those out for a healthier snack with the same savory crunch. Try things like whole grain pretzels and whole grain crackers (like Triscuits) or a packet of nuts. Do you have a cookie monster on your hands? Satisfy that sweet tooth with dried fruit like raisins or apricots. Remember that kids need at least 5 servings of fruits and veggies each day. So you can make snack time a bonus time to work in those healthy fruits and veggies.



Vegetables

Give your child the healthy and crunchy treat of veggies at lunch. Veggies, like chopped celery sticks, baby carrots, cucumber chunks, or pepper slices, are easy to pack and taste great. Do you have a veggie-avoider in your family? Adding a healthy dip may help encourage them to eat those vegetables. In a little sealable plastic container, add peanut butter, salsa, hummus, or low-fat ranch dressing, for a flavorful dip that will make those veggies disappear.

Fruit

Forget the cookies and snack cakes. Fruit is the perfect dessert and provides your child with vitamins and minerals that can help fend off colds and heal cuts and scrapes faster. Whole fruit, like apples, peaches, plums, and bananas, are easy to pack in a lunch. But some kids, especially ones who are losing their baby teeth, find it hard to bite into these big pieces of fruit. If this sounds like your child, try packing washed grapes or cut up some apples, pears, or oranges. You can even buy pre-chopped fruit in the grocery store.

Water

Soda and fruit drinks, like Kool-Aid, Hawaiian Punch, and Capri Sun, are high in sugar and one of the main sources of empty calories in kids' diets. That means they provide a lot of sugar, but not healthy nutrition. These drinks also don't hydrate your active kid like water. No need to buy bottled water to pack in your lunch though. Find a reusable bottle and add water. And here's a neat trick: Use the water bottle as an ice pack for your kid's lunch by filling the bottle with water about $\frac{3}{4}$ full and sticking it in the freezer the night before. By lunch time, your child will have ice cold water to drink and fruits and veggies will stay fresh and crisp.



Grocery List

Sandwiches

- Look for "100% Whole Grain" bread
- Peanut Butter and Jelly or Banana
 - Low-sodium, Low-Fat Deli Meat and Cheese
 - Refried Beans on Whole Wheat
 - Tortilla (Pin Wheels!)
 - Put sliced tomatoes and lettuce of sandwiches to give campers additional veggies!

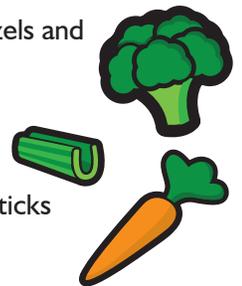
Healthy Snacks

- Dried Fruit – apricots, raisins, plums, apple slices
- Whole grain tortilla chips with salsa
- Whole grain pretzels and crackers
- Sting Cheese



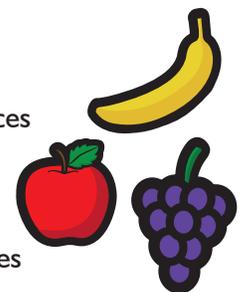
Vegetables

- Chopped celery sticks
- Baby carrots
- Sliced cucumbers
- Green and Red Bell Pepper slices
- Try a healthy dip for your veggies, like low-fat ranch, guacamole, salsa, or peanut butter



Fruit

- Apples
- Orange Slices
- Bananas
- Grapes
- Peaches
- Strawberries



Water and Ice

- Pack a cold water each day!