

# KID APPROVED PACKED LUNCHES

*Make healthful packed lunches fun and tasty*



- ☺ Plan a lunch menu with your children for the week.
- ☺ Have your children help prepare the lunch.
- ☺ Kids like small things. Make portion sizes small and cut-up food items into small pieces.
- ☺ Make fruit and vegetables easy to eat. Example, peel the orange and pack the separated orange slices.
- ☺ Make lunches fun - Be creative. Example, use a cookie cutter to make sandwich shapes.
- ☺ Take your children shopping and teach them how to choose nutritious foods for their lunch.



**Sit down with your child(ren) and together plan lunch menus for the week!**

Monday	Tuesday	Wednesday	Thursday	Friday

