

QUICK and EASY Packed Lunches



- After dinner prepare lunch items for the next day. This saves on clean-up time. Store perishable foods in the refrigerator overnight. In the morning pack foods in the lunch box.
- Set aside a place in the refrigerator, freezer and cabinets to store lunch items. This makes it handy to find lunch items when packing the lunch box.
- If desserts are needed, pack pre-sweetened cereal or a frozen container of yogurt.
- Prepare sandwiches over the weekend and freeze them individually. They will keep for 2 weeks in the freezer. Use margarine instead of mayonnaise. Fillings such as turkey, ham, roast beef and cheese work the best.
- Prepare fruits and vegetables that need paring/slicing the night before. Store prepared food in containers that can be put right into the lunch box the next day.



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

University of Illinois * United States Department of Agriculture
* Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.