Making Smart Lunch Choices

TAKE IT WITH YOU:

CREATING YOUR OWN LUNCH/ SNACK BAG

MAKE YOUR OWN SINGLE-SERVING SNACK BAGS

Small snack bags of crackers or pretzels can be expensive. Save money and control portions by making your own snack bags. Use plastic bags, reusable plastic containers, or just plastic wrap and make snack bags of: dry cereal, crackers, pretzels, cut-up fresh fruit or vegetables.

Ideas for a lunch/snack bag if you don't have a cooler or will not have access to a refrigerator:

- Peanut butter sandwich
- Dry unsweetened cereal
- Fresh fruit
- Rice cakes
- Mini-boxes of raisins or other dried fruit
- Pretzels
- Graham crackers
- Small bag of peanuts or other nuts
- Low-fat granola bars
- Baked chips
- Low-fat crackers
- Bottled water

If you have access to a refrigerator or cooler you can take additional items:

- Turkey sandwich (or other low-fat meat)
- Vegetable sticks or baby carrots
- Yogurt
- Pudding
- Cottage cheese
- String cheese
- 100% juice
- Low-fat milk

EAT SMART

Hearty Vegetable Salad

Makes 8 servings | Serving Size: 1/2 cup

Ingredients

- 1 (15-ounce) can unsalted baby green lima beans, drained
- 1 (15-ounce) can unsalted whole-kernel corn, drained
- 1 medium tomato, chopped
- 1/4 cup chopped onion
- 1/3 cup Italian dressing
- Black pepper to taste

Directions

1. Heat lima beans and corn in microwave for 2 minutes. Cover loosely during heating. Cool.
2. In large bowl, combine lima beans, corn, tomatoes and onions.
3. Pour Italian dressing over vegetable mixture and toss. Add black pepper to taste.
4. Serve immediately or chilled.

Nutrition information **Per Serving**

140 calories		Total Carbohydrate	17 g
Total Fat	.5 g	Dietary Fiber	3 g
Saturated Fat	0 g	Sodium	130 mg
Protein	4 g		

Good Source of Vitamin C

MOVE MORE

Time for You

Find another parent in your neighborhood you know and trust and give each other activity breaks. You keep their children for 30 minutes or an hour so they can go for a walk or do some other type of activity. They do the same for you so that you can be active for good health.

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