

Keeping Lunches Safe

Keep children's food safe by following these simple guidelines:

- Make sure to wash hands with soap and running water before preparing food.
- Always prepare food using clean equipment and a clean, sanitized work area.
- Use clean containers or plastic bags.
- Pre chill foods in the fridge or freezer before packing into a lunch sack with an ice pack.
- Add an ice pack to keep foods cold until lunch. Use commercial gel packs, ice cubes in a leakproof container, or a frozen juice box.
- Remember to pack nonperishable foods for field trips. Refrigeration may not be available.
- Ask a teacher to put the lunch in the fridge if you forget an ice pack.
- Be aware of choking hazards for young children.

Examples of foods that must be kept cold:

- Sliced meat sandwich
- Tuna, egg, or chicken salad
- Milk, soft cheeses, or yogurt
- Cooked vegetables or fruits
- Cut melons
- Pasta or rice dishes
- Most other perishables taken from the refrigerator

Examples of foods don't need to stay cold:

- Cookies, crackers, or chips
- Breads and cereals
- Fresh fruit in the peel
- Canned fruit or vegetables
- Canned pudding or applesauce
- Peanut butter and jelly sandwiches
- Hard cheeses

Snohomish Health District Mission Statement

To improve the health of individuals, families and communities through disease prevention, health promotion, and protection from environmental threats.



The Child Care Health and Nutrition Consultant offers consultations, presentations, STARS training and mealtime assessments to the child care community. These special services are designed to help child care providers ensure the health and safety of children in out of home care settings.

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CHILD CARE HEALTH



Pack a Sack: Packing a Healthy Lunch for School-Age Children



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Packing a Healthy Lunch

A healthy lunch should provide 1/4 to a 1/3 of the days nutrient needs. Serving sizes should vary according to the age and activity level of each child. For school age children a complete lunch includes:

- A meat or meat alternate (2 oz. of beef, poultry, tofu, beans, fish, eggs, nuts, seeds)
- Vegetables and/or fruit (1/3 cup of 2 items)
- Whole grain (1 slice whole wheat or multi-grain bread – or – 1/2 cup cooked pasta, rice, or noodles – or – flour tortilla or pita)
- Dairy product (3/4 cup milk or yogurt, 1 oz. cheese)

Ways to Introduce New Foods

- Offer one new food at a time.
- Offer new foods with familiar foods.
- Avoid rewards for eating or punishment for not eating certain foods.
- If your child refuses a new food, avoid serving it again for awhile. Try again later with different food combinations.
- Let the kids help prepare their lunch.
- Make a list of foods the child wants to include and ones the parent wants to include. Make sure one of each is in the lunch box.



Creative Lunch Ideas

<ul style="list-style-type: none"> ■ Baked pita chips with apple yogurt dip ■ Thin carrot sticks ■ Kiwi or mango slices ■ Cheese stick ■ 100% fruit juice or water 	<ul style="list-style-type: none"> ■ Wrap (whole-wheat tortilla, turkey slice, cream cheese, lettuce onion & cucumber) ■ Yogurt with fresh strawberries & blueberries ■ Carrot sticks ■ 100% fruit juice or water 	<ul style="list-style-type: none"> ■ Tuna salad spread on a small bagel ■ Grated carrot, pineapple & raisin salad ■ Sun chips ■ Low-fat or skim milk
<ul style="list-style-type: none"> ■ Egg salad sandwich on whole wheat bread ■ Raw zucchini sticks ■ Fresh melon cubes & cottage cheese ■ Low-fat or skim milk 	<ul style="list-style-type: none"> ■ Sliced turkey with lettuce and tomato slice ■ Carrot & celery sticks with low-fat ranch dip ■ Smiling orange wedges ■ Yogurt & banana cup with granola ■ 100% fruit juice or water 	<ul style="list-style-type: none"> ■ Banana or pumpkin bread with low-fat cream cheese ■ Hard boiled egg ■ Clumps of grapes ■ Broccoli "trees" ■ Low-fat or skim milk
<ul style="list-style-type: none"> ■ Bean dip & salsa ■ Tortilla chips ■ Orange slices ■ Cheese cubes ■ Milk or V-8 juice 	<ul style="list-style-type: none"> ■ Ham & swiss sandwich on whole wheat bread with lettuce & tomato ■ Fruit kabob ■ Ants on a log-celery with cream cheese & raisins ■ Low-fat or skim milk 	<ul style="list-style-type: none"> ■ Pita bread with hummus ■ Cucumber chips ■ Apple slices ■ Trail mix with dried fruit, seeds & cereal ■ Low fat or skim milk

Tips for Packers

- Pack something crisp, something chewy, and something with color.
- To reduce waste, invest in reusable plastic containers that are cleaned each day.
- Use insulated bags, ice packs, frozen water bottles, and thermos bottles to keep cold foods cold and hot foods hot.
- Remember to pack child-sized utensils and cups - whatever is needed to eat the foods you have packed.
- Insert a note in your child's lunch that says ***I Love You!***

