

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 plastic containers or zip-loc bags.
- Chill foods to be kept cold before packing with a freezer pack.
- Add a freezer pack to keep foods cold until lunch. Use commercial gel packs, ice cubes in a leak-proof container, or frozen juice box.
- Remember that during field trips, lunches may be kept in a hot vehicle and a freezer pack will not keep foods cold enough. Pack non-perishable items if possible.

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
- 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
- Hard & cream cheese



Ensure foods are safe for your child!
Never serve toddlers raw carrots,
grapes, raw apple, raisins,
popcorn, or hotdogs.



Pack A Sack

Lunch and Snack Ideas for Toddlers

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER SNOHOMISH COUNTY

CCHOP_PackASackToddler_11.12.19,kl



**SNOHOMISH
COUNTY** 
HEALTH DEPARTMENT

Packing a Healthy Lunch

Lunches and snacks from the home kitchen can add an element of delightful surprise for your child care. They can include safe and healthy foods that remind your child of home. Foods from home should contain the following foods as outlined in the Washington State rules for licensed child care:

Lunch

- 1 serving of a grain food
- 1 serving each of a vegetable and fruit
- 1 serving of milk or milk substitute
- 1 serving of meat or a meat alternate, i.e. tuna or chicken salads, eggs, bean dip, tofu,, seed and nut spreads, yogurt, cheese

Snacks

Choose foods from 2 different groups

Tips for Successful Lunch Box Meals

- Include only one new food at a time in the lunchbox
- Pack something soft, chewy, colorful
- To reduce waste, invest in reusable plastic containers and wash/sanitize it daily
- Remember to pack child-sized utensils and cups - whatever is needed for the child to be able to eat the foods you have packed
- Provide a small container of milk or suitable milk substitute for lunch .
- Let the kids help!



Creative Lunch Ideas

Meat & Alternates (1/3 – 1/2 cup)

- Macaroni, tuna and cheese casserole
- Chili with mashed beans
- Spaghetti w/meat sauce
- Pasta with chicken/cheese sauce
- Beef or chicken stew w/soft vegetables
- Lasagna
- Homemade pot pie
- Tortilla roll-up with cream cheese and sliced turkey
- Rice w/soft chunks of meat, chicken or fish

Meat & Alternates (Cold)

- Cheese 1 oz, sliced thin
- Yogurt, 4 oz
- Sliced egg or egg salad, 1 oz
- Deli meats sliced thin, turkey, chicken, ham
- Tofu chunks, 1 oz steamed or fried
- Beans, 1/4 cup: pinto, kidney, navy, chick
- Peas (canned or cooked soft and mashed)
- Bean dips, (Hummus, refried pinto) 2 Tbls
- Meat salads 1 1/2 - 2 oz with mayonnaise or salad dressing (egg, chicken, tuna)



Vegetables (1/4 cup soft cooked)

- Soft cooked broccoli and cauliflower flowerets
- Steamed asparagus spears
- Avocado chunks or slices
- Steamed snow peas
- Soft cooked asparagus spears
- Steamed green beans
- Roasted potato cubes or sticks
- Mashed potatoes
- Mixed steamed vegetables, (carrots, peas,)



(Raw vegetables are a choke hazard.)

Fruit (Avoid sticky fruit snacks, berries & grapes)

(Approximately 1/4 cup or 1/3 – 1/2 whole)

- Applesauce
- Apricot slices
- Avocado slices
- Banana
- Peeled kiwi slices
- Mango chunks
- Melon slices
- Nectarines, sliced
- Orange, fresh smiles/wedges
- Mandarin oranges
- Pear slices
- Peaches, canned or fresh
- Pineapple rings
- Fruit cocktail
- Papaya slices
- Plum, quartered
- Fruit juice, 100%, 1/2cup

Hint: Dip fresh fruit in orange juice to keep it looking fresh!



Grains

- Cereal, 1/4 cup cold, low sugar variety (less than 7 gms added sugar)
- Bread/toast, 1/2 slice
- Crackers, 2-6
- Pretzels, large type
- Corn or small flour tortillas, 1/2
- Pasta, 1/4 cup
- Rice, 1/4 cup
- Bread sticks, 2
- Pita bread, 1/2
- Roll or biscuit, small
- Muffins, small
- English muffin, 1/2



Milk and Milk Substitutes

- Whole milk until 2 years of age (1/2 cup)
- Low fat milk for children over 2 (1/2 cup)
- Vit D fortified Soy or other plant milks(1/2 cup)