

FCSLA FRATERNAL OUTREACH IS ON THE MOVE IN 2010

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PACKING A HEALTHY FUN LUNCH

Have you ever thought about how many lunches you have packed in your lifetime? When you were younger Mom or Dad pack your school lunch. As you got older you packed your own school lunch because you wanted to pack “good” things (the slang term is junk food). Now in adult life you pack your lunch for various reasons; diet, allergies, short lunch hour or just packing items you enjoy eating.

Here are some suggestions to make your lunch fun as well as nutritious:

- √ **Pack a fun dip of cream cheese or peanut butter with your fresh fruits & vegetables** (Makes them more enjoyable and adds nutrition)
- √ **Make sandwiches with whole grain bread and use a cookie cutter to shape for children** (Carbohydrates help your energy and concentration level)
- √ **Be sure to include a frozen ice pack** (Helps food stay cold and crisp)
- √ **Prepare the food so it is ready to eat** (Saves time in cutting and cleaning – small children need smaller pieces)

Avoid packing a lot of items with sugar (even gummy fruit snacks or rolls). Reading labels on many items does help with allergy restrictions.

For children’s lunches:

- √ If using a paper bag have them decorate it the night before
- √ Add stickers, a note, or their favorite character on a napkin (Adding a surprise note lets your child know you are thinking of him/her with love)

The reward for packing a nutritious fun lunch is knowing that you’re doing something beneficial for your family. A wholesome lunch helps you/your family feel healthier to enjoy the rest of the day. “Enjoy a good lunch”!

