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## Nutrition and Health

### Title

The Lunch Box Series, E: 15 Take-Along Lunches for Preschool Children

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# the Lunch box

HANDOUT E

Publication 8111

## 15 TAKE-ALONG LUNCHES FOR PRESCHOOL CHILDREN

**Be Safe:** Pack all lunches in an insulated lunch box or bag with a frozen ice pack.

**1** ½ turkey sandwich  
Carrot sticks  
½ banana  
Water

**2** Celery with peanut butter  
2 graham cracker squares  
Cantaloupe slices  
Low-fat milk

**3** Low-fat cheese strips  
6 whole-wheat crackers  
Tomato wedges  
Oatmeal raisin cookie  
100% grape juice

**4** Ham strips  
Small bran muffin  
Pineapple tidbits  
Low-fat milk

**5** Cheese pizza wedge  
(small)  
Snow peas  
100% apple juice

**6** ½ peanut butter and  
banana sandwich  
Broccoli florets  
Low-fat milk

**7** ½ tuna sandwich  
Cucumber circles  
Strawberries  
Low-fat milk

**8** Mini pita with hummus  
and lettuce  
Orange wedges  
Animal crackers  
Low-fat milk

**9** Low-fat cottage cheese  
Pineapple chunks  
Bread sticks  
Zucchini rounds  
Water

**10** Homemade trail mix  
(recipe on page 2)  
Red bell pepper strips  
Low-fat milk

**11** Bean and cheese burrito  
Cherry tomatoes (cut in half)  
Peach slices  
Water

**12** Baked chicken thigh  
Graham crackers  
Kiwi slices  
Low-fat milk

**13** ½ roast beef sandwich  
Small green salad  
(with low-fat dressing)  
Grapes (cut in half)  
Low-fat milk

**14** Leftover casserole  
Baby carrots  
½ pear  
Low-fat milk

**15** Unsweetened,  
ready-to-eat cereal  
Broccoli florets  
Tangerine  
Low-fat milk

## Homemade Trail Mix

- ¼ cup toasted oat cereal
- 2 tablespoons raisins or chopped dried fruit
- 1 tablespoon sunflower seeds (without shells)
- 5 pretzel sticks



Place all ingredients in a small, plastic zipper bag. Seal the bag and shake.



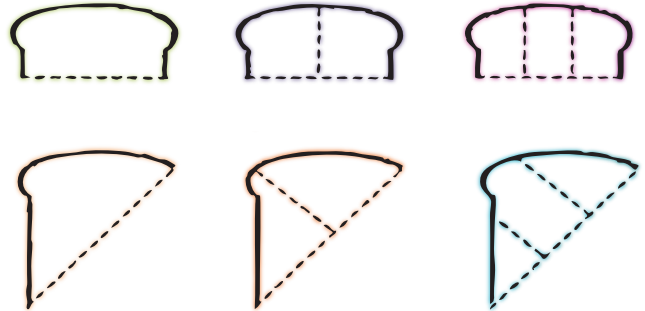
## Reduce Fat

Cut down (but don't eliminate) fat in your child's diet by choosing

- low-fat and fat-free dairy products (milk, cheese, yogurt)
- lean meats, poultry, and fish (prepared with no added fat)
- tuna packed in water
- low-fat or fat-free mayonnaise
- fat-free snacks like pretzels

## Add More Variety

Pack interesting sandwiches for your child's lunch by using different types of breads and fillings. Cut sandwiches into fun shapes using a cookie cutter or these ideas:



## Reduce Added Sugar

Pack a healthier lunch by choosing foods with little or no added sugar.

### Use

- fresh fruit
- 100% fruit juice
- fruit canned in juice
- unsweetened ready-to-eat cereal

### Instead of

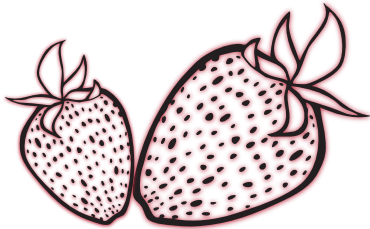
- fruit bits, fruit snacks, fruit rolls
- fruit drinks
- fruit canned in syrup
- presweetened ready-to-eat cereal

**Tip:** Keep cut fruit from turning brown by dipping it in pineapple juice before you pack it in the lunch.

## More Information

*The Lunch Box* is a series of handouts designed for parents who pack lunches for their preschool children. The goal of these handouts is to assist parents in packing lunches that are nutritious, safe, and appealing for preschool children.

The author acknowledges the cooperation of the San Luis Obispo County preschools that assisted in the development of the *Lunch Box* program. This program was made possible by funds received from the First 5 Commission of San Luis Obispo County.



You will find related information in these titles and in other publications, slide sets, CD-ROMs, and videos from UC ANR:

*Children and Weight: What's a Parent to Do?*, DVD 6524D

*EatFit Teacher's Curriculum*, Publication 3424

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