

Back 2 School

While it's important to send your children to school with a healthy lunch packed with the nutrition they need to learn, grow and play, it's also important to make sure it's something they'll want to eat. Be an example if you pack your own lunch for the office.

To ensure that meals don't go to waste, encourage interest with a few of these tips:

- **Sit down once a week and plan lunches together.** Then encourage them to pack their own lunch. Let them watch you pack your lunch to set a good example.
- **Celebrate special days.** Plan lunch menus around special events. For example, pack an all-red lunch in honor of Valentine's Day.
- **Try new foods.** Bring your children to the grocery store to pick out some new fruits and vegetables.
- **Mix it up.** Try mixing fruits and veggies together in one container, so a little sweet from the fruit rubs off on the veggies. Try sliced baby carrots mixed with a few raisins or celery sticks with apple slices.
- **Switch up the same old sandwich routine.** Try making sandwiches with mini whole-grain pitas, English muffins or tortillas for a fun change. Whole-grain cereals and whole-grain crackers also make for nutritious lunch options.
- **Invest in fun lunch containers.** A quality insulated lunch bag in a fun print and insulated food container will enable your children to take a wider variety of foods for lunch.



*“A healthy outside
starts from the
inside.”*

–Robert Urich

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Pack Your Healthy Lunch!

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