HERE'S TO HEALTH

A good lunch box should contain a source of protein to keep children alert, carbohydrates and fat for energy, and fruits and vegetables for minerals and vitamins. Keep in mind that the lunch you pack should provide your child with one-third of their daily nutrition requirements.

BACK TO SCHOOL LUNCHES EDITION

AssuredPartners

Top Tips For School Lunches:

- KEEP IT FRESH: It's important to add fresh fruit and vegetables.
- AVOID THE MORNING RUSH: Prepare lunches the night before.
- SELECTION: To avoid boring lunches switch things up. For example, try pita pockets, ciabatta, tortillas and mini baguettes instead of bread.
- ADD A PERSONAL TOUCH: Tuck in a note, stickers or a joke. Send a treat labeled 'share with a friend' or draw a face on a banana.
- EYE APPEAL: Lunch should be tasty and appealing. Try cutting sandwiches into shapes or threading fruit onto a straw.
- NIX THE CHIPS: According to a recent survey 9 out of 10 lunches contain double the recommended daily intake of sugar, salt and saturated fats.

Check out our Lunch Box Mix & Match. A fun way to keep your kid's lunch balanced!

https://jamiegeller.com/guides/top-ten-tips-for-school-lunches-your-kids-will-love