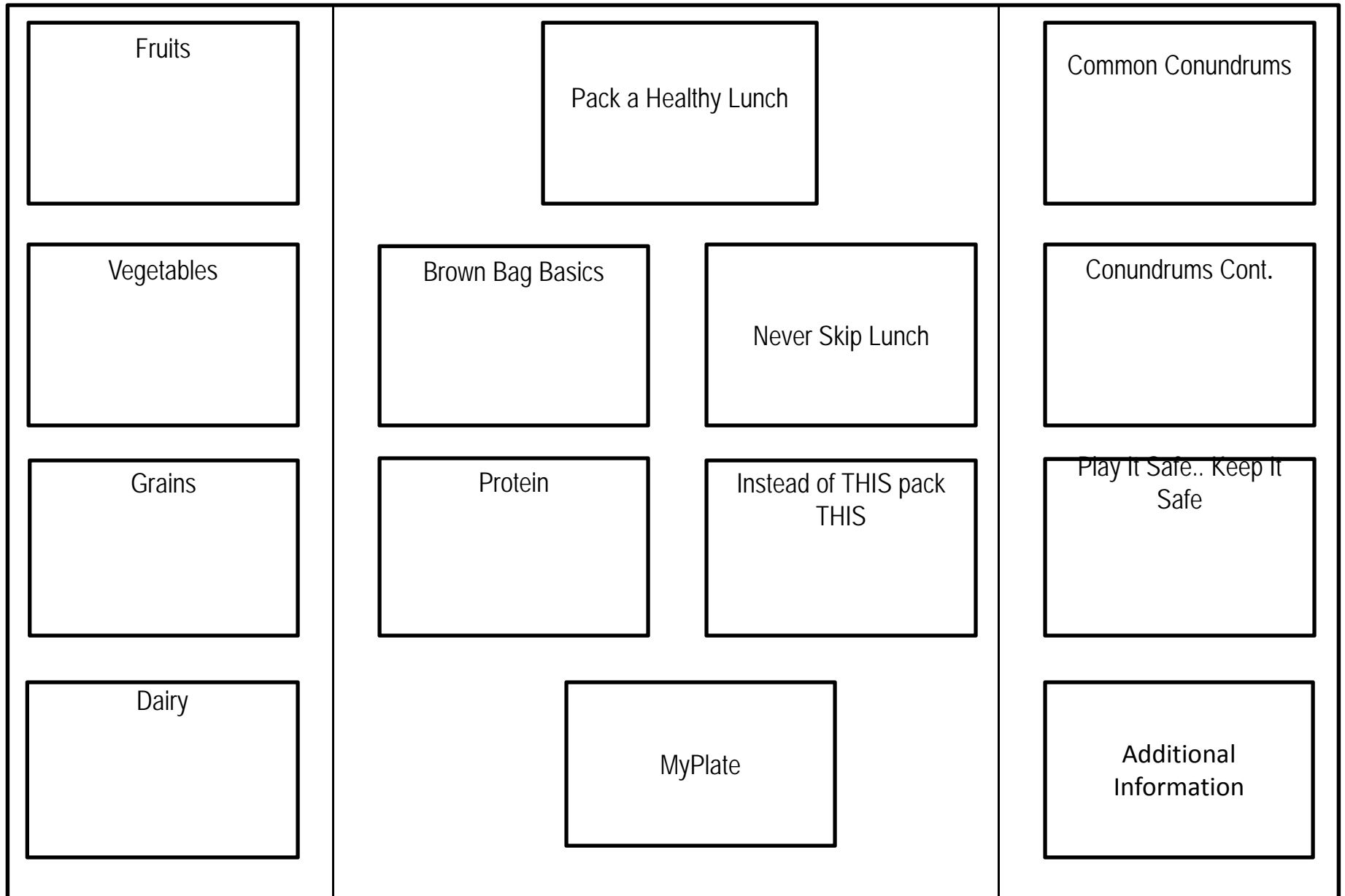


Suggested Layout: Pack a Healthy Lunch with a Punch



Actual Display: Pack a Healthy Lunch with a Punch



Supplies Needed:

- Tri-fold display board, 48" x 36".
- Tacks to attach paper to board.
- Printed PowerPoint slides (15) on cardstock weight paper.
- Brown Lunch Bag (or other lunch box), food sample labels such as whole grain bread choices, serving size fruit cups, yogurt container, 100% Juice container, etc. Items which one might include in a brown bag lunch.
- Tupperware of various sizes used to transport lunch items.
- Food Models or pictures of appetizing lunch entrees.

Suggested Handout:

- "Brown Baggin' It – A Guide to Lunches on the Go", North Dakota State University Extension (<http://www.ag.ndsu.edu/pubs/yf/foods/fn1416.pdf>)

Supplement Handout:

- "Healthy Packed Lunches for Back to School (http://food.unl.edu/c/document_library/get_file?uuid=d17c90e6-539d-4ab8-92e7-cbfe2e482647&groupId=4089458&.pdf)

Suggested food sample items: mini packs of peanuts, easily packable fruit/vegie items such as grapes, broccoli flowerets, mini carrots, etc.

Display Resources:

- www.choosemyplate.edu
- www.fsis.usda.gov



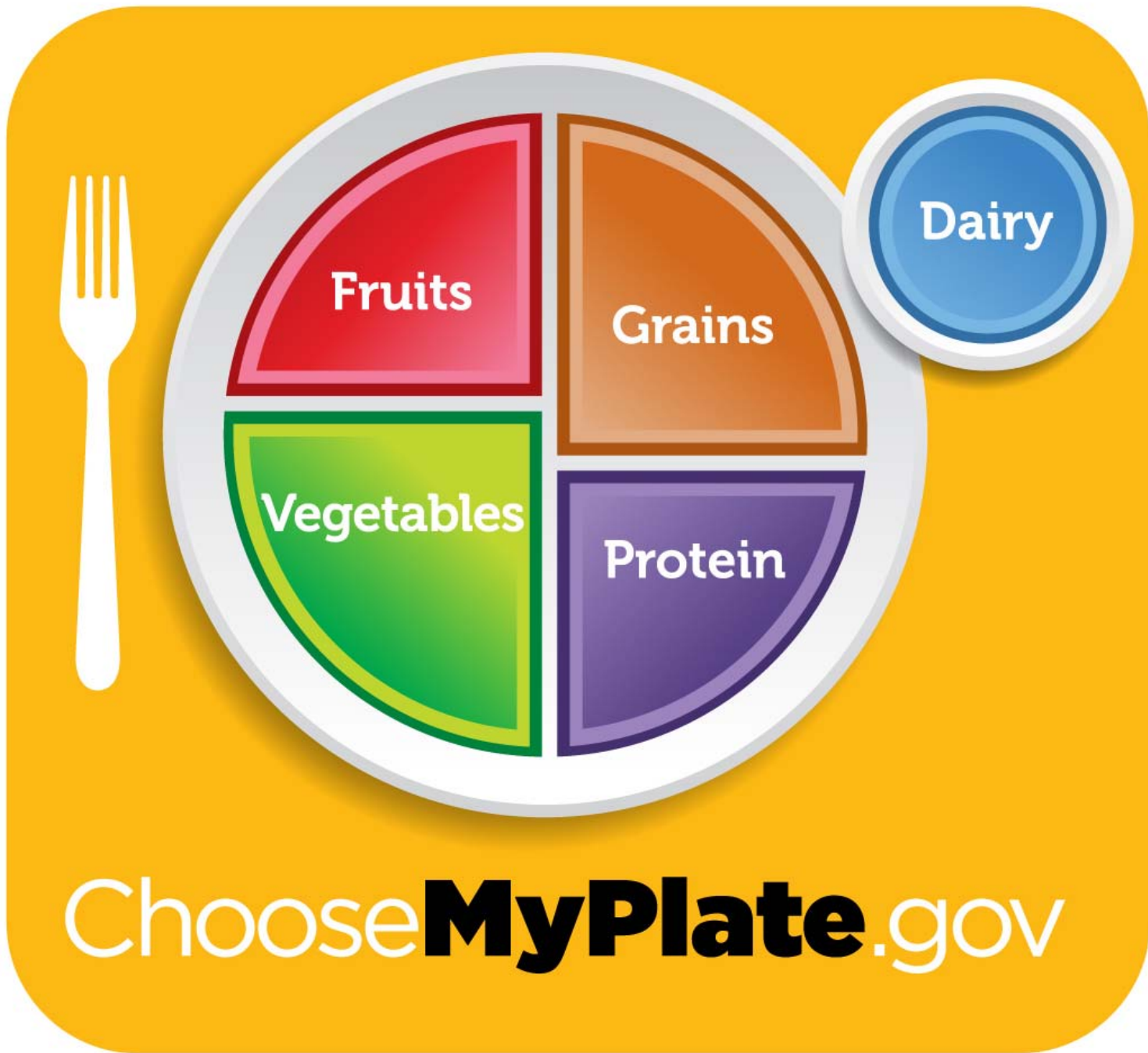
PACK A HEALTHY LUNCH

WITH A PUNCH!

Brown Bag Basics



- A healthy lunch contains 5 parts: fruit, vegetable, grain, protein, and dairy.
- Avoid excess sugar and fat by limiting desserts and fatty condiments.
- Lunch should be low-cost, tasty, and easy to eat.
- Follow proper food safety procedures and techniques.



Choose **MyPlate**.gov

FRUITS

- Lunch choices: Sliced apples, banana, orange, applesauce, kiwi, grapes, berries, melons, mixed fruit cocktail.
- Sources of potassium, dietary fiber, vitamin C, and folate.
- *Make half your plate and vegetables.*



VEGETABLES

- Lunch choices: Lettuce, spinach, tomatoes, onion, peppers, carrots, cucumber, celery, beans.
- Sources of potassium, dietary fiber, folate, and vitamins A and C.
- *Make half your plate fruits and vegetables.*



GRAINS

- Lunch choices: Whole wheat bread or tortillas, brown rice, quinoa, whole wheat pasta.
- Sources of fiber, thiamin, riboflavin, niacin, folate, iron, magnesium, and selenium.
- *Make half your grains whole grains.*



PROTEIN

- Lunch choices: Deli meats, chicken, tuna, hard-boiled egg, peanut butter, hummus, sunflower seeds.
- Sources of protein, niacin, thiamin, riboflavin, B6, vitamin E, iron, zinc, and magnesium.
- *Choose a variety of lean protein sources.*



DAIRY

- Lunch choices: Milk, cheese, soymilk, & yogurt.
- Sources of calcium, potassium, vitamin D, & riboflavin.
- *Switch to fat-free or low-fat 1% milk.*



NEVER SKIP LUNCH!

A nutritious lunch should provide you with 1/3 of your energy needs and will help prevent overeating later in the day.

Common Lunch Conundrums

- *Soggy Salad*: To keep your salad or sandwich crisp put condiments and vegetable toppings in a separate container until lunchtime.
- *Squished Sandwich*: Use a small Tupperware container to store your sandwich.



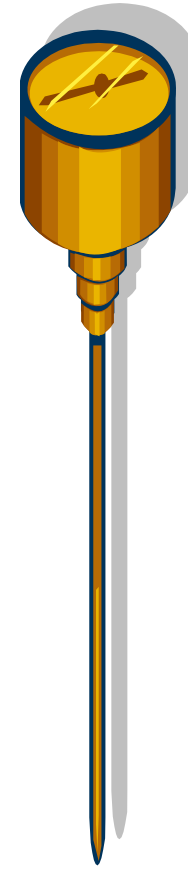
Conundrums Continued



- *PB & J Burnout*: Add variety to your lunch by trying salads or wraps and adding fresh veggies to your favorites.
- *No Time*: Pack a variety of healthy snacks like carrots, nuts, apple slices, and yogurt.

Play it Safe...Keep it Safe

- Keep everything clean, don't cross-contaminate
- Throw away uneaten food and packaging used.
- Heat leftovers to 165°F before eating.
- Keep cold foods below 40°F: store the refrigerator, use an insulated container, and pack with at least two ice sources.
- Keep hot foods above 140°F: fill an insulated thermos with hot water before adding food and closing.



...and Keep it Safe



- Keep cold foods below 40°F: store the refrigerator, use an insulated container, and pack with at least two ice sources.
- Keep hot foods above 140°F: fill an insulated thermos with hot water before adding food and closing.

Slide 16

MZ1

One of the slides need to be deleted so that we can put the SDSU/DOH information in the corner on the bottom right. So, I took this information and moved it to the previous page.

Marj, 01/28/2013

Instead of THIS

Pack THIS

Potato Chips



100% Whole Grain Crackers

Ranch



Hummus

Soda



Bottled Water

Cookies



¼ cup Almonds

Pudding Cup



Yogurt

Leftover Pizza



Veggie Wrap

PB & J



Chicken Salad with veggies and cranberries

Additional Information

- Look online for healthy choice brown bag lunch ideas to help you save time and money.
- Check out www.Choosemyplate.gov and www.eatright.org websites for further information on the USDA MyPlate guidelines and other great tools for planning healthy meals.



SDSU Extension is offering a new service to consumers to assist in answering questions and locating information related to issues and needs within the home and family. The toll free number for South Dakotans to call is 1-888-393-6336.



South Dakota State University, South Dakota counties, and USDA cooperating. South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.