

HOW TO STORE A BROWN BAG LUNCH

- ▶ Do ahead sandwiches - Freeze 1 week's supply. Spread bread to the edge with margarine, sliced meat, poultry, cheese, cheese spread, peanut butter, salmon and tuna fish freeze well. These can be moistened with applesauce, fruit juice or dairy sour cream.
- ▶ Mayonnaise, salad dressing, jello, fresh vegetables and egg whites DO NOT FREEZE WELL. Add them just before your child leaves the house. See that they are well chilled.
- ▶ Cut sandwiches in half and put into sandwich bags. DOUBLE WRAP them in foil and label FREEZE SANDWICH for only one week at a time. When packing lunch, remove foil outer wrapping and put frozen sandwich in lunch bag. It will defrost in 3 - 3½ hours. Follow the same method if you pack sandwiches the night before.
- ▶ Freezing drinks like juice boxes and iced teas can also help keep foods cold. Keep in mind that the containers are likely to sweat while thawing, so wrap your food well so it doesn't get soggy.
- ▶ Keep things hot and cold things cold in a thermos container. Remember to use boiling water or your dishwasher to clean them daily.
- ▶ A safe brown bag lunch requires good sensible sanitation. Cook all foods thoroughly. Encourage your child to eat all of the lunch and throw away any leftover sandwiches. Fresh fruit and vegetables can be saved for snack. Foods such as mayonnaise, meats, eggs and salad dressing are highly perishable.

HOW TO PACK A SAFE, WELL BALANCED LUNCH

- ▶ Lunches should contain one from each of the following:
 - ▶ Meat Group
 - ▶ Vegetable Group
 - ▶ Milk Group
 - ▶ Fruit Group
 - ▶ Bread/Cereal Group
 - ▶ Dessert

MEAT GROUP: Protein is needed by active children for muscle building. This group includes meat, cheese, eggs, and fish. It should include 2 ounces of a good protein food.

BREAD/CEREAL GROUP: For quicker energy and to make meals more palatable. Bread, rolls, crackers and pretzels. Starches are not fattening when eaten in reasonable amounts. It is butter, mayonnaise, and cream cheese that add extra calories.

VEGETABLE AND FRUIT GROUPS: These include a good source of Vitamin C which is needed daily. Citrus fruits are the best source. Others are apples, grapes, bananas and seasonal fruit. Vegetables can include tomatoes, leafy vegetables, carrots, celery, green peppers and may include canned vegetables or vegetable juices.

MILK GROUP: A good supplement to any meal is milk: whole, low-fat milk or chocolate. Milk is a good source of protein and calcium and low in calories if it is skim milk. When milk is not used, try fruit juices. SODA POP IS NOT RECOMMENDED AS A PART OF A SCHOOL LUNCH because it is a source of empty calories and contributes to dental problems.

DESSERTS: Try canned puddings, cookies and fresh fruit which comes in its own wrapper. Stay with simple fruits, plain cookies and cakes such as angel food or sponge cake which are better than frosted cakes.