Summer Day Camps

Fit & Active Facts

Week 5: Healthy Lunches for Kids

Guidelines for Success:

1. Offer a variety of healthy foods from several different food groups and rotate choices.
2. Pack fun, appealing, tasty, satisfying food that won't be made fun of by peers.
3. Make items easy to eat! A whole piece of fruit may be hard to maneuver.
4. Include favorite foods and an occasional surprise treat like a note or cartoon.
5. Get your kids involved with food selection at the grocery store and lunch preparation.
6. Use an insulated lunch container with a freezer pack to keep perishable food cool.
7. Ask your child to bring home what they do not eat so you can adjust accordingly.

Lunch ideas

- Mini bagels with nut butter or low fat cream cheese
- Banana and peanut butter sandwich on whole grain bread (add pears or apples for some crunch!)
- Pasta salad
- Leftover dinner such as a pizza slice, piece of chicken, or fish sticks
- Pita bread stuffed with low fat cream cheese and lean deli meat
- Low fat cheese, "healthy" crackers, apple slices
- Finger food in small snack baggies (cherry tomatoes, chunks of fruit, mini crackers)
- Fruit parfait – low fat yogurt, fruit and granola layered
- Fruit skewers – grapes, strawberries, melon, pineapple
- Lean meat & low fat cheese skewers with veggies
- Fruit smoothie in a thermos
- Soup, chili, spaghetti, or baked beans in a thermos
- Whole wheat tortilla spread with nut butter and fruit spread and rolled up tight
- Whole grain waffle spread with nut butter
- Hard boiled egg
- Bean burrito
- Healthy muffin – reduced fat/sugar, increased fiber
- Veggies with a dip such as low fat yogurt mixed with Uncle Dan's powder dressing
- Rice cakes with nut butter
- Small deli or sub sandwich on a whole grain roll with low fat meat, cheese, condiments
- Pinwheel sandwiches (meat, cheese, refried beans, chopped veggies or any sandwhich filling rolled in a tortilla & then cut in slices)

Drinks

* Low fat milk, flavored milk
* Bottled water
* Flavored waters: low calorie
* Healthy sodas (carbonated water & fruit juice)

Not so healthy!

* Juice boxes (high sugar)
* Sodas
* Candy, donuts
* Fried chips
* Processed cookies (except for Fig Newtons, ginger snaps, vanilla wafers & graham crackers)
* Crackers with hydrogenated oils
* Snacks full of artifical flavors & colors (most squeezable yogurts & fruit snacks)

DELICIOUS OATMEAL COOKIE RECIPE ON BACK ►

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Nutrition Facts

Calories: 128
Fat: 0.6g
Carbohydrates: 28.5g
Protein: 3g
Servings per recipe: 18
Serving size: 1 cookie

Oatmeal Raisin Cookies

Ingredients

- 1 cup flour
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1/2 cup plain low fat yogurt
- 1 tablespoon fat free butter flavored granules
- 1/2 cup packed brown sugar
- 1/2 cup white sugar
- 2 egg whites
- 1 1/2 teaspoons vanilla extract
- 1 cup raisins
- 1 1/2 cups quick cooking oats

Step 1: Set oven rack in middle position and preheat oven to 375 degrees F.

Step 2: Whisk together flour, salt and baking soda. Set aside. In a large bowl, mix yogurt, butter-flavored granules (Butter Buds), brown sugar and granulated sugar until combined.

Step 3: Add egg whites and vanilla. Mix until combined. Add flour mixture and mix until just moistened. Stir in oatmeal and raisins.

Step 4: Drop dough by level tablespoon onto cookie sheet lightly sprayed with non-stick spray. Bake for 8 minutes. Press center of cookie; if it springs back, it is done.

Step 5: Enjoy your nice, healthy oatmeal raisin cookie! Store in airtight container in the refrigerator. These cookies do not keep well at room temperature.

This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation. Please provide two weeks advance notice for accommodations requests. Assistance for the **Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service**.