

LUNCH BOX IDEAS AND TIPS FOR BUSY MOMS - I



Although the lunch box food does not replace any of the important meals during the day, it helps maintain the glucose leveled and supplements the body with energy during hours of constant physical and mental activities. When preparing your children's lunch box, remember the following tips:

1. The lunch box food should be **nutritious, varied and tasty**
2. **Make the food a game to the senses:** choose food that are different in colors, texture, shapes and contrasting so that are more stimulating and appetizing.
3. **Easy food:** kids love food that can open, peel or easily eat. This gives them, believe it or not, independence and self-confidence.
4. **Be creative:** cut the sandwiches in different shapes, round, square, triangular, etc.
5. **Think "small":** portions should be according to your children's age, and their capacity of eating. Don't overfeed them.
6. **Do not experiment:** it is better to experiment at home first before sending them a new food in their lunch box.
7. **Let your kids participate:** ask their opinion, let them choose within the available options they have. Also, allow them to pack their own lunch! - *You will love this help!*
8. **Pamper them:** every now and then, send them their favorite snack or send them a loving note, a family picture (or their pet's), a sticker, or any other item you know they will absolutely love. This will make them feel special and will eat with delight.
9. **Prepare the night before:** whatever you can prepare the night before, given you still have some energy left, it will give you some time to spare in the morning for any unanticipated issues. It will make your morning less hectic too.

Preparing food with love, always tastes better!

- The Moms' Buzz

source: www.elcomercio.com.pe especial family edition

LUNCH BOX IDEAS AND TIPS FOR BUSY MOMS - II



In our PART II of lunch box ideas, we want to present you with nutritious, delicious and easy to make lunch boxes. Remember, lunch boxes are not meant to replace any of three meals in the day, they are supposed to supplement the body to maintain its energy and glucose level in line.

Below are 10 lunch box ideas:

- Option 1:** 1 small yogurt, wheat ham & mustard sandwich, 1 clementine, a drink;
- Option 2:** Wheat crackers with cheese and marmalade, an apple or jello, a juice box;
- Option 3:** 1 milk box or drinkable yogurt, a banana and a bag of cookies (i.e. mini Oreo cookies);
- Option 4:** Drinkable yogurt, wheat ham & cheese sandwich, pitted olives in halves or grape tomatoes, jello;
- Option 5:** 1 small yogurt, 1/2 cup of cereal, strawberries, baby carrots, a drink;
- Option 6:** Chocolate milk, 1 banana, pitted olives or grape tomatoes, wheat cheese & jelly sandwich;
- Option 7:** Small turkey wrap, 50g pretzels, baby carrots, a drink, 1/2 grapes;
- Option 8:** Small bowl of Pasta salad, grape tomatoes, 1 clementine, a drink;
- Option 9:** Baby carrots with yogurt, mustard and honey dip, 1 small slice of cake, 1/2 cup of grapes, wheat crackers with cream cheese;
- Option 10:** 1/2 cup of dried fruit, 2 slices of Edam or Gouda cheese, 30g of nuts (if not allergic), a drink, 1/2 cup of grape tomatoes.

You can mix and combine these 10 options above. The important thing here is to give your children nutritious and tasty food while at school. They will love it, plus they will be looking forward to eating at home when they get back.

Dont' forget to pack antibacterial wet wipes so your kids can clean their hands before and after eating!

Choose, mix and combine to make the perfect lunch box!

The Moms' Buzz

source: www.elcomercio.com.pe, www.kraftfoods.com

LUNCH BOX IDEAS AND TIPS

FOR BUSY MOMS - III



More tips and ideas you will love...

1. **FREEZE:** Place a frozen juice box in your kids' lunch box as it'll keep the food chilled and will be thawed by lunchtime.
2. Go for **VARIETY:** Make sandwiches using whole grain tortillas, bagels or pitas.
3. **WIPES, WIPES:** Pack antibacterial wet wipes so your kids can clean their hands before and after eating.
4. **SNEAKY VEGGIES:** Add grated veggies to sandwiches and wraps for crunch - your kids won't notice they're eating something that's good for them!
5. **DRESSING** It up: Use small resealable bags to pack dressings. Kids can open one corner and simply squeeze onto salad, then discard.
6. Get **DIPPING!** Pack salsa, hummus, yogurt or salad dressing for your little ones to dunk their sandwich, veggies or fruit into.
7. **PETITE** works better: Make bite-sized and mini versions of regular foods like sandwiches. They work well for small appetites and are more likely to be eaten.
8. **BE LOVING:** Add a quick note to say good luck on a test or "I love you" - it will brighten your child's day. [Download LunchboxJokes_US_01.pdf](#) and print it.
9. Get **ORGANIZED:** create you own schedule Monday-Friday of the menu you will prepare for lunch so that you know every morning or the night before what to do for lunch boxes.
10. **CONSULT:** check out these sites for other fun and easy to do ideas for lunch boxes: www.familyfun.com and the [Lunch Box Builder](#), and if your family is vegetarian, you may want to visit [Vegetarian Lunch Box](#).



All these tips and ideas, will be available for download, print and laminate in our Useful Documents module on the left sidebar of the blog.

"Lunch boxing" can be an enjoyable activity!

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source: www.familyfun.com, www.kraftfoods.com.