



Healthy Choices

The Fond du Lac
School District
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Healthy Lunches are in the Bag

Lunch is Fuel-up Time

School communities in the Fond du Lac District are making a strong effort to cut the sugar and fat fed to our students. We want to help our youth eat more whole grains, vegetables, fruits and protein for the type of energy that helps them learn and grow.

We are collaborating with our hot-lunch supplier to increase the number of healthy choices available at lunch time. In that same spirit of caring, we invite parents to keep truly healthy food choices on hand when packing sack lunches. Many pre-packaged lunch items contain high amounts of fat, sugar and salt—and really don't belong in lunches, despite how appealing advertising makes them appear.

Packing a healthy lunch is easier than you think. This resource can help support your efforts to supply healthy lunches, as you make your decisions about what to feed your family. Here are ideas for healthy food choices that make nutrition knowledge fun—and tasty!



ABCs of Healthy Foods:

A apples, apricots, applesauce B bananas, blueberries, baked chips C carrots, cherries, cheese cubes D dried fruit E eggs, English muffins F flavored water, G grapes, green peppers H honeydew I ice milk J 100% juice K kiwi L low-fat milk M muffins, mushrooms N nectarines O oranges, oatmeal cookies P pears, peaches, pineapple, popcorn, peanut butter Q quesadillas R radishes, raisins, raspberries S string cheese, soy nuts, sunflower seeds T trail mix, U ugly fruit V veggies with dip, W whole wheat bread & crackers, walnuts X x-tra fun shapes for cheese, fruit, bread Y yogurt Z zucchini

Build a Healthy Meal

There are six main classes of nutrients that our bodies need on a daily basis: carbohydrates, proteins, fats, vitamins, minerals, and water. Proteins and complex—considered “good”—carbohydrates provide long-burning fuel that keeps a body's energy level burning strongly and evenly. The building blocks of a good lunch—protein, healthy grains and lots of fruits and vegetables—provide a good mix of the six essential nutrients needed by children.

Protein is an important source of energy for our bodies. It is needed for cells to function at top levels. Meats, fish, cheeses, eggs, grains, legumes, seeds and nuts are good sources—as long as the meats don't contain nitrites and nitrates along with fat and salt, the cheeses aren't high in saturated fats, and our children aren't allergic to peanuts or tree nuts!

There are three types of carbohydrates: sugars, starches and fiber. Bodies and brains need the energy and fiber from good carbs found in whole grains. Whole wheat—or another whole grain—should be the first ingredient listed for breads, tortillas, crackers, pasta, rice and cereals. The refined grains found in snacks like pretzels or some “fish” crackers shouldn't be everyday offerings. Be sure to read nutrition labels to pick products low in sugar, saturated fat and trans fats (from partially hydrogenated oils).

Nutritional guidelines recommended children eat five to 13 servings of fruits and veggies each day. Include at least two at lunch—try new ones weekly! These super foods lower the risk of heart disease, cancer, and high blood pressure, and provide important nutrients like Vitamins A and C and fiber. And fruits and veggies are less costly than many less healthful snacks: the U.S.D.A. reports the average cost per serving is 25 cents!

Create the Main Event

Build lunch around an entrée that combines protein, whole grains, and veggies.

- Slip lettuce, tomato, cucumber, green or roasted pepper onto sandwiches made with healthy meats and whole grain breads. Cut the sandwich into fun shapes. Presentation inspires eating!
- Nut butters—peanut, soy, almond, cashew—make tasty spreads for whole grain tortillas & rice cakes. Chickpeas and other beans make good dipping for whole grain crackers or veggies.
- Don't forget deviled eggs, egg salad and tuna salad—with whole grain bread, crackers, tortillas, rice cakes, muffins.
- Make fast and easy slices and cubes of meat and cheese— or fun shapes with cookie cutters. Serve with healthy crackers for a real lunch-able meal.

Slide in Super Sides

Serve fruit and veggies for crunch on the side. Limit potato, corn and other chips to weekend treats. Limit cookies, snack cakes, doughnuts, brownies, and other sweet baked items—the leading sources of sugar and saturated fats.

- Combine peanuts, soy nuts, sunflower seeds, pumpkin seeds, almonds, and /or walnuts with dried fruits and whole grain cereal for trail mix power.
- Dried fruits are intensely, naturally sweet. (Many "fruit snacks" are just candy!)
- No-sugar-added applesauce and canned fruit in juice are stand-by favorites. Buy pre-packaged or fill your own small cups.
- Veggie sticks with low-fat dressing or yogurt dips make a lunch-time party.
- Low-fat flavored yogurts are sweet treats. Or, make a healthy parfait by layering yogurt or cottage cheese with fruit.

Recipes & Resources

Stuck in a rut? The FDL Public Library has helpful cookbooks:

- *The Healthy Lunchbox: How to plan, prepare and pack stress-free meals kids will love* by Marie McLendon
 - *Healthy Lunchbox: The working mom's guide to keeping you and your kids trim* by Rallie McAllister
 - *Healthy Snacks* by Susan Hodges
 - *Healthy Snacks for Kids* by Penny Warner
- Or search "healthy lunch" websites like these:
<http://www.healthychild.com/healthy-school-lunch-ideas.htm>
<http://www.epicurious.com/cooking/everyday/family/lunches/schlosser2>
And, in the future, watch for recipes shared by you and our teachers!

Shopping Help: Quick Pick Brands

A short guide to some healthy brands (lower in sugars & fats, higher in whole grains & fiber): Kashi crackers & cereals; Annie's Cheddar Bunnies; Barbara's, Cascadian Farm, Mother's, & Nature's Promise cereals; Cheerios, Total, Great Grains, MiniWheats, & Wheaties cereals; Hormel Natural Choice lunchmeats with no preservatives; Yves Tofu Wieners & Lightlife Tofu Pups; Applegate Farms nitrite- & preservative-free hot dogs; Natural Value Fruit Leather & Stretch Island Fruit Leather; Stoneyfield Farm, Dannon & Horizon low- & no-fat yogurt; Breyer's & Dole no sugar added frozen fruit bars; Barbara's Granola Bars; Borden & Sargento Light Mozzarella String Cheese; Laughing Cow Light Original Babybel; Mott's Natural Style & Healthy Harvest applesauce..

Wash It Down

Water should be the main drink served to children. It's free of calories and sugars, is low-cost, satisfies thirst—and our bodies NEED it!

Fat-free and low-fat milks are the best choices for healthy hearts. Fortified soy and rice milks are also healthy options.

Choose only 100% fruit juice, and limit it to 8 ounces or less a day. Orange, grapefruit and pineapple have the most nutrients.

Seltzer or sparkling water makes a nice treat, when it is sugar-free. Buy plain varieties and splash it up with a bit of fruit juice.