



Easy, Healthy Lunches

September means back to school for kids and teachers. It is a time when we talk about how to pack a safe and healthy lunch. You probably are not going back to school and you do not have to pack your lunch, but you may still be looking for some easy, healthy lunches. We all get tired of the same old thing for lunch and are looking for some new ideas.

Here are some ideas to get you thinking about variety, but still keep it healthy.

Variety, Flavor and Good Nutrition

- ◆ When you prepare fresh fruit or vegetables prepare enough for two or three days. If they are already cleaned and cut up it is easier to be sure you get enough.
- ◆ Make lunch for tomorrow while you are making dinner tonight. Prepare an extra piece or two of chicken that can be used in a salad, sandwich or eaten cold for lunch tomorrow. A small amount of leftover rice, vegetables and cooked meat can be combined for a cold salad.



- ◆ Be sure to include as many food groups as possible in your lunch. Purchase whole grain breads, rolls or crackers. Fill them with tuna or turkey and lots of vegetables. Fruit or low fat yogurt makes a great dessert.
- ◆ Make vegetable soup or chili one day, refrigerate or freeze individual servings for another day.

Save Money

- ◆ Buy produce in season to take advantage of higher quality at lower prices.
- ◆ Make your own "mini-packages" of healthy items. Individual serving are convenient, but usually cost about 50% more. Buy baby carrots, broccoli, raisins, popcorn and whole grain low-fat crackers in large packages. Package them in mini sealed plastic bags. This will also help control how much you eat at a meal.

- ◆ Bake a whole chicken or turkey breast and use for several meals - roasted chicken, soup, sandwiches, or salad. This will not only save money, but will also be healthier than processed deli meats.
- ◆ Buy what you need in quantities you can use. A great deal on a large size won't save you money if you can't use it before it spoils.

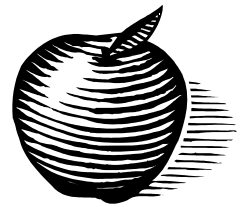
Keep it safe

- ◆ Wash your hands before and as needed while preparing food.
- ◆ Keep countertops and utensils clean.
- ◆ Keep food at the proper temperature.
 - keep cold food in the refrigerator,
 - refrigerate leftovers quickly.



Prepared by: Barbara Farner,
 Extension Educator
 Nutrition and Wellness
 Matteson Center

Enjoy an Apple Today



Take advantage of all the colorful, fresh apples of fall. Here are ten easy-to-do ways to add apples to your meals.

1. Slice an apple thin and use in place of jelly on a peanut butter sandwich.
2. Add chopped apples to pancakes.
3. Grate an apple into coleslaw.
4. Dip apple wedges in low fat yogurt for dessert.
5. Add shredded apples to a grilled cheese sandwich.
6. Make Waldorf salad with apples, lowfat vanilla yogurt and walnuts.
7. Add chopped apples to chicken or tuna salad.
8. Add grated apples to meat loaf.
9. Sprinkle chopped apples over lowfat vanilla ice cream and top with cinnamon.
10. Add grated apples to macaroni and cheese.

Taken from Communicating Food for Health, September, 1998.

