

## WHY IS PACKING A HEALTHY LUNCH SO IMPORTANT?

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Obesity rates among children and adolescents are "sky-rocketing". Rates have doubled among children and tripled among teens.

The health consequences are alarming. More youth are becoming diabetic, more have elevated blood pressure and the patterns of such illness are at an all time high. Improving nutrition for our children is a priority.

Packing a healthy lunch is an important link to providing your children with the essential nutrients that they need.

Include a variety of foods, avoiding high fat foods, high sugar foods and also limit foods that provide minimal nutrient value. Include low fat dairy items in your child's packed lunch. Milk and other dairy products can help prevent osteoporosis. Over ninety percent of bone mass is laid during twelve to nineteen years old.

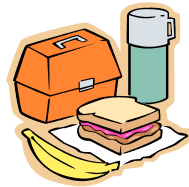
Good Nutrition is the Key to Success



Kings Local School District has a Wellness Committee that continue to focus on students well-being.

For further information on the wellness movement within Kings Local School District, call Jennifer Arlinghaus, R.D.,L.D., Food Service Director at 513- 398-8050 ext. 10027.

Visit the Kings Local School District Food Service website @ [www.kingslocal.k12.oh.us](http://www.kingslocal.k12.oh.us)



### Resources:

[www.raisingkids.com](http://www.raisingkids.com)

[www.kidshealth.org](http://www.kidshealth.org)

[www.kidsnutrition.org](http://www.kidsnutrition.org)

[www.fns.usda.gov](http://www.fns.usda.gov)

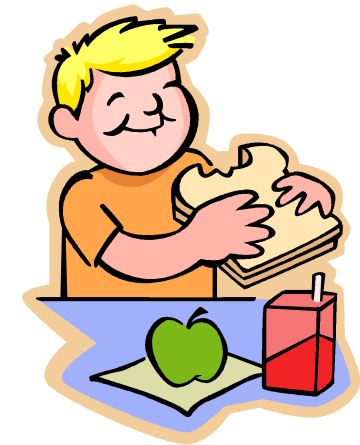
*Kings Local  
School District*



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## HEALTHY LUNCH PACKING

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AS EASY AS ABC!

# EATING HEALTHY IS AS "EASY" AS SAYING YOUR ABC's.....

Student's ability to stay alert and concentrate depends upon remaining HEALTHY and FIT.

They will be ready and able to "soak" up learning if properly nourished. Nutrition, or lack of it, plays a MAJOR role in a their ability to learn.

Packing a healthy lunch is action toward giving your children a Head Start that they deserve toward good health.

Work together to pack healthy lunches that are fun, enticing & nutritious. Involve your children in the selection and preparation of their school lunches. Parents can also use this time to teach their child(ren) how to make healthy choices.

Make a commitment to providing healthy options for your children's school lunches.



FOLLOW THE ABC's!

## The ABC's

*(include some ABC's in your lunch)*

### **A - VITAMIN A sources: Deep yellow/orange fruit or veggie.**

- \*carrot sticks
- \*melons (cantaloupe, mango) \*
- \*peaches
- \*spinach, kale
- \*dried apricots
- \*tomatoes



### **B - VITAMIN B sources: whole grains, protein foods and nuts.**

- \*whole grain bagel, pita, crackers
- \*nuts & seeds (peanuts, sunflower)
- \*peanut butter
- \*pasta salad with cheese & egg
- \*chicken and roast beef



### **C - VITAMIN C & CALCIUM:**

#### **Vitamin C -**

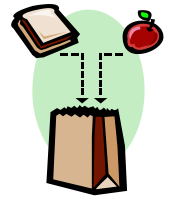
- \*strawberries
- \*pineapple
- \*apples, oranges, plums
- \*broccoli and cauliflower
- \*green and red peppers
- \*100% juices

#### **Calcium -**

- \*Yogurt
- \*Milk
- \*Cheese



## ABC STARTER MENU



**MONDAY** - Whole grain pita w/ lean meat of choice or peanut butter

-lite yogurt with peaches

-carrot sticks with dip

-Milk

**TUESDAY** - Chef Spinach Salad with cucumbers, tomato, diced chicken and cheese

-Whole Wheat Crackers

- $\frac{1}{2}$  cup of grapes

-Milk

**WEDNESDAY** - Cheese slices on a Wheat Bagel with lite mayonnaise

-Pretzels

-1/2 cup strawberries

-Milk

**THURSDAY** - Soft flour tortilla wrapped with turkey and cheese

-Baked Tortilla rounds with Salsa ---

-fresh orange wedges

-Milk

**FRIDAY** - Lean Deli Meat of choice, cheese slice on Wheat Bun

-Celery filled with Peanut butter topped with raisins

-cantaloupe (cubed)

-Milk

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