



LIVEN UP YOUR LUNCH A BUNCH!

Let's get real. Going out to lunch will always be more fun than PB&J! But a home lunch can be just as tasty AND save you money. Plus, the mid-day break and a nutritious meal are good for your health. Don't "bag" the brown bag - pack it up!

Leftovers for Lunch!

Create tomorrow's lunch when you are putting away dinner from tonight.



- Wrap leftovers like vegetables, rice and meat in a tortilla with salsa.
- Rinse and drain a can of beans. Combine with leftover salad and dressing.
- Add a quick-to-make peanut sauce to leftover noodles and vegetables. (*Peanut Sauce - Mix ¼ cup peanut butter, ¼ cup water and 1 Tablespoon soy sauce until blended.*)
- Take leftover chili, soup or stew in a microwave safe container.
- Didn't eat all your take-out? Bring it!

Play it Safe

Keep food safe when packing your lunch.

- Use an insulated lunch bag or double bag paper sacks.
- Keep cold foods cold by using frozen chill pack, or freeze a juice box or water bottle.
- Keep hot foods hot by using a thermos and heating foods to 165°F or boiling before packing.
- Use microwave safe containers.

Black Bean and Corn Salad

Yield: 3 servings • Serving: 1 cup

Salad

- ½ cup chopped onion
- ½ cup chopped red or green bell pepper
- 1 hot chili pepper, jalapeño or Serrano, seeded and finely chopped (optional)
- 1 cup frozen corn or drained canned corn
- 1- 15 ounce can black beans, drained and rinsed

Dressing

- ¼ cup red wine vinegar or cider vinegar
- 1 teaspoon chili powder
- 1 clove garlic, chopped or ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 Tablespoons vegetable oil

1. In a mixing bowl, stir together onion, red or green pepper, chili pepper (if using), corn and beans
2. In a jar with a tight fitting lid, add vinegar, chili powder, garlic, salt, pepper and vegetable oil. Shake until dressing is evenly mixed.
3. Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour. Serve cold as a side dish or main dish.



Kids can brown bag it too!

Make packing lunch a family affair. Kids of all ages can help.

Kids can:

- Pick out nutritious foods they like and will eat.
- Make their own sandwiches/wraps.
- Help make your lunch, too!

Caregivers can:

- Allow kids to choose from healthy foods.
- Accept that kids sometimes will choose the same foods day after day.
- Cut fruit and vegetables into small, easy to handle and eat shapes.
- Write a note like - "Have a great day!" - on a paper napkin and add it to your child's lunch.

Veggie Wrap

Yield: 1 serving

- 1 whole wheat tortilla
- 2 Tablespoons cream cheese or Ranch dressing
- 1 slice of lunch meat (ham, beef or turkey)
- 1 piece of string cheese
- Various veggies (spinach, lettuce, grated carrots, tomato slices, red/green pepper slices, etc)

1. Spread cream cheese or dressing down the center of the tortilla.
2. Lay vegetables evenly over cream cheese or dressing.
3. Place lunch meat on top of vegetables. Place string cheese on top of all.
4. Roll tortilla with toppings around the piece of string cheese.
5. Wrap in plastic wrap, waxed paper or foil.



Price Comparison Round Up

A Fast Food Meal Costs ↓	A Sack Lunch Costs ↓	A sack lunch saves you ↓
\$5 a day	\$2 a day	\$3 a day
\$1,300 a year	\$520 a year	\$780 a year

Rethink the Noon Time Routine

Once you've licked your fingers clean, do you really feel like going out for a jog? Think about adding 10 minutes of physical activity to your noon time routine BEFORE you start munching on that PB&J.

Before lunch:

- Take a walk
- Stretch beside your desk
- Tackle a few flights of stairs
- Play at the park with your kids; save the picnic for afterwards

Contact Us

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