

# Go back to school healthy

Healthy eating and staying active will help your child do well in school and on the playground!

## Healthy lunch box ideas

Kids can be picky eaters. For a lunch that's both healthy and delicious, try these tips:

- **Pack simple sandwiches.** Try a turkey sandwich with whole wheat bread, lettuce and tomatoes. It has lots of fiber and protein, so it's very filling.
- **Snack healthy.** Pack fruits, granola bars, low-fat string cheese or pretzels. Try not to pack sweets like cake, cookies or chips.
- **Stick to whole grains.** Whole grain bread has twice the vitamins and nutrients as white bread. It tastes just as good too!
- **Choose water or seltzer.** This helps your child stay hydrated. Stay away from sugary sodas and juices. Also try low fat milk. It's tasty and helps make your child's bones



## Stay active!

- **Play outside.** Kick the soccer ball around the park for 20 minutes. Also play other sports like baseball or football. It's a great way to get the heart rate up!
- **Be active together.** Take a family bike ride or rollerblade around the neighborhood or in a park. This way, parents can get fit too!
- **Dance.** Play some music and have a dance party in your living room. Your child won't even know that they are working out!
- **Go swimming.** Go to an indoor or outdoor pool with your child. It's a fun way to work out with the whole family.



Talk to your CHN nutritionist or doctor for more information!