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!