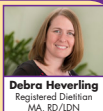




The Dietitian's DISH

...for a
Healthy
Lifestyle



Lunch Ideas Too Good to Trade!

Help your kids be the envy of their friends. Get creative with Bento-style lunches they won't want to trade! With a little extra prep, assembling a lunch you'll both love is easy. Empower your kids to help. The nutrition you want and the flavorful variety they desire – it's a **WIN-WIN!**

- Spend time portioning out single servings for the week
- Mix-n-match lunch foods with **MyPlate** in mind
- Include a small treat – teach limits not deprivation



For every pledge taken, Produce for Kids partners will make a collective \$1 donation to Feeding America, providing 11 meals for families in need.

DIY Nachos Lunchbox

Ingredients:

- 1 ounce multigrain scoop tortilla chips
- 1/4 cup low-sodium black beans, drained, rinsed
- 1/4 cup shredded iceberg lettuce
- 2 tablespoon shredded Mexican blend cheese
- 6 small tomatoes, halved

Directions:

- Assemble lunchbox with tortilla chips, black beans, lettuce, cheese, tomatoes and guacamole. Use cupcake liners to separate each ingredient to avoid them getting soggy.
- Round out the meal with a serving of fruit – whole, canned or dried.



Recipe and image courtesy of Produce for Kids