

Pack a Safe Lunch

Keep children's food safe by following these simple guidelines:

- Make sure to wash hands with soap and running water before preparing food.
- Always prepare food using clean equipment and a clean, sanitized work area.
- Use clean containers or plastic bags.
- Pre-chill foods in the fridge or freezer before packing into a lunch sack with an ice pack.
- Add an ice pack to keep foods cold until lunch. Use commercial gel packs, ice cubes in a leak proof container, or a frozen juice box.
- Remember to pack nonperishable foods for field trips. Refrigeration may not be available.
- Ask a teacher to put the lunch in the fridge if you forget an ice pack.

Examples of foods that must be kept cold:

- Sliced meat sandwich
- Tuna, egg, or chicken salad
- Milk, soft cheeses, or yogurt
- Cooked vegetables or fruits
- Cut melons
- Pasta, bean or rice dishes
- Most other perishables from the refrigerator

Examples of foods that don't need to stay cold:

- Cookies, crackers, or chips
- Breads and cereals
- Fresh fruit in the peel
- Packs of fruits or vegetables
- Packs of pudding or applesauce
- Peanut butter and jelly sandwiches

Public Health Seattle King County Mission Statement

Public Health - Seattle & King County works to protect and improve the health and well-being of all people in King County as measured by increasing the number of healthy years that people live and eliminating health disparities.

The **Child Care Health Program** is committed to supporting safe and healthy child care to children in Seattle and King county. Child care health consultants offer nursing, mental health and nutrition consultative services and trainings to early learning and school age care providers.



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Pack a Sack

**Packing a
Safe and Healthy Lunch
For School-Age Children**



Child Care Health Program

Public Health 
Seattle & King County



Pack a Healthy Lunch

A healthy lunch should provide about ¼ of the days nutrient needs for children. For school age children in school or in licensed child care a complete lunch includes:

- A meat or meat alternate (2 oz of meat, poultry, tofu, fish, nut butter, ½ cup of beans or ¼ cup of nuts or seeds)
- Vegetables and/or fruit (1/3 cup of 2 items)
- Grain (1 slice whole wheat or multi-grain bread, ½ cup pasta, rice or noodles, a small flour or corn tortilla, ½ pita, portion size of crackers)
- Dairy product (¾ cup of 1% or non-fat milk, 1 oz cheese, ¾ cottage cheese or yogurt)



Ways to Offer New Foods

- Offer one new food at a time.
- Offer new foods with familiar foods.
- Avoid rewards for eating or punishment for not eating certain foods.
- If your child refuses a new food, avoid serving it again for awhile. Serve it later with a different food.
- Let the children help prepare their lunch.
- Make lists of foods the child and the parent want to include.



Creative Cold Lunches

<ul style="list-style-type: none"> • Yogurt Parfait Plain or Vanilla yogurt Granola or cereal Fresh or defrosted-frozen berries • Hard Boiled egg • 1% milk 	<ul style="list-style-type: none"> • Tortilla Wrap Roll sliced turkey, cream cheese, lettuce, cucumber into a small flour tortilla • Melon slices • Sun Chips • 1% milk 	<ul style="list-style-type: none"> • Tuna salad on a small bagel • Grated carrot/pineapple salad • Orange smiles • 1% milk
<ul style="list-style-type: none"> • Egg Salad Sandwich on whole wheat bread • Lettuce/tomato • Corn Chips • Fresh peach or nectarine • 1 % milk 	<ul style="list-style-type: none"> • Bread stick with marinara sauce • Cheese stick • Carrot or broccoli sticks • Clump of grapes • 100% Fruit Juice or water 	<ul style="list-style-type: none"> • Black bean and rice salad w/ peas, tomatoes, corn and lite sour cream • Triscuit or Wheat Thin crackers • Fruit kabob • 1% milk
<ul style="list-style-type: none"> • Ham or Turkey slices • Sliced Cheddar or Jack cheese • Rice crackers • Canned fruit cup • Pretzels • 100% Fruit juice or water 	<ul style="list-style-type: none"> • Bean dip and salsa • Corn tortilla chips • Grated Cheese • Pineapple Chunks • 1 % milk 	<ul style="list-style-type: none"> • Pita bread or chips with hummus • Cucumber chips • Apple quarters • Trail mix with cereal, seeds and dried fruit • 1% Milk

Try to mix and match items from the above combinations to make even more creative lunches.

Tips for Packers

- Pack something crisp, something chewy, and something colorful.
- To reduce waste, invest in reusable plastic containers.
- Use insulated bags, ice packs, frozen water bottles, and thermos bottles to keep cold foods cold and hot foods hot.
- Remember to pack utensils, napkins, cups – whatever is necessary to eat the foods you have packed.
- Insert a note in your child's lunch that says "I Love You".

