

## Keeping Lunches Safe

- Make sure to wash hands with soap and water before preparing food.
- Always prepare food using clean equipment and a clean, sanitized work area.
- Use clean plastic containers or plastic bags.
- Pre chill foods to be kept cold before packing .
- Add an ice pack to keep foods cold until lunch. Use commercial gel packs, ice cubes in a leak-proof container, a frozen juice box or water bottle.
- Remember that during field trips, pack non-perishable items. Refrigeration may not be available.
- Modify foods that may cause choking. Cut grapes and large berries smaller than 1/2". Cook all vegetable sticks and make them small and narrow. Avoid hot dogs.

### **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, or rice dishes
- Cooked dried beans (legumes)
- Most other perishables taken 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
- Canned fruit or vegetables
- Apple sauce

## Public Health

### Seattle & King County

#### Mission Statement

Identify and promote the conditions under which all people can live within healthy communities and can achieve optimal health.

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.

[www.kingcounty.gov/health/childcare](http://www.kingcounty.gov/health/childcare)

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## Child Care Health Program

### Pack a Sack: Packing a Healthy Lunch for Toddlers



Public Health   
Seattle & King County



# Creative Lunch Ideas for Toddlers

## Packing a Healthy Lunch

Lunches and snacks from the home kitchen can add an element of delightful surprise for children. They can include safe and healthy foods that remind your child of home. Lunches should contain the following foods as outlined in the **Washington State Meal Pattern** for Child Care:

- **1 serving of a grain food**
- **1 serving each of a vegetable and fruit**
- **1 serving of dairy**
- **1 serving of meat or a meat alternate, i.e. beef, fish, poultry, beans, bean dip, nut or seed butter**



## Tips for a Successful Lunch

- Include only one new food at a time in the lunchbox.
- Pack foods you know your child can eat. Modify foods to minimize risk of choking (mash beans, chop meat, cut fruit, slice cheese).
- To reduce waste, invest in reusable plastic containers and wash/sanitize it daily.
- Remember to pack safe utensils.
- If beverages are not included with lunch, provide a 4-6 oz container of milk, bottled water or 100% fruit juice.



## Meat & Alternates (Cold)

- Cheese 1 oz, sliced thin
- Yogurt, 4 oz
- Sliced egg or egg salad, 1 oz
- Deli meats sliced thin:
  - turkey, chicken, ham
- Tofu chunks, 1 oz steamed or fried
- Beans, 1/4 cup: pinto, kidney, navy, chick peas (mashed canned or cooked soft)
- Bean dips, 2 Tbls
- Meat salads 1 1/2 - 2 oz with mayonnaise or salad dressing (mashed egg, chicken, tuna)
- Tortilla roll-up with cream cheese and sliced turkey
- Rice w/soft chunks of meat, chicken or fish
- Pasta with chicken/cheese sauce



## Vegetables (1/4 cup soft cooked)

- Soft cooked broccoli and cauliflower flowerets
  - Steamed greens
  - Cooked snow peas
  - Soft cooked asparagus spears
  - Steamed potato cubes
  - Mashed potatoes
  - Sweet potato chunks
  - Green beans, canned fresh/frozen/soft cooked
  - Mixed vegetables, peas
- (Do not pack raw vegetables, or vegetable rounds)*



## Dairy

- Whole milk until 2 and 1% after 2 years old, 1/2 cup
- Cottage cheese, 1/4 cup
- Yogurt, 1/2 cup
- Soft cheese slice, 1oz



## Fruit (Avoid sticky fruit snacks, whole berries & grapes)

(Approximately 1/4 cup or 1/3 – 1/2 whole)

- Applesauce
- Apricot slices
- Avocado slices
- Banana
- Peeled kiwi slices
- Mango chunks
- Melon slices
- Nectarines, sliced
- Orange, fresh smiles/wedges
- Mandarin oranges
- Pear slices
- Peaches, canned or fresh
- Pineapple rings
- Fruit cocktail
- Papaya slices
- Plum, quartered
- 100% Fruit juice, 1/2cup



## Grains

- Cereal, 1/4 cup cold, low sugar (less than 11gms added sugar)
- Bread/toast, 1/2 slice
- Crackers, 2-6
- Pretzels, large type
- Corn or small flour tortillas, 1/2
- Pasta, Rice, 1/4 cup
- Bread sticks, 2
- Pita bread, 1/2
- Roll or biscuit, small
- Muffins, small, English muffin, 1/2

→ **Beware of ready-to-eat lunches! High in fat and salt, low in other nutrients, expensive, and they look better than they taste.**