

FOR IMMEDIATE RELEASE

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## **Back to School Lunches and Snacks**

Summer is ending and children are returning to school. A few simple steps will help make snacks and school lunches healthy and safe to get the year started off right.

Follow these simple steps to make school lunches and snacks fun and nutritious:

- ✓ Select storage items that are easy to clean, durable, and insulated for hot and cold foods.
- ✓ Healthy lunches should include foods from all five food groups. Lean protein, low-fat dairy, fruits, vegetables, and whole grains.
- ✓ When choosing foods for school lunches look to items that are easy and have limited sugar, sodium, and fat.
- ✓ Save money by purchasing in bulk and dividing into smaller amounts.
- ✓ Save money by making your own individual servings such as cubing chicken or dividing meat into individual serving sizes.
- ✓ Purchase in-season produce and prepare by slicing fruits and cutting up vegetables using a crinkle cutter or cookie cutters.
- ✓ Pack a rainbow of colors to provide a variety of nutrients to help your child's body function at peak performance.
- ✓ Substitute chips and cookies with fresh vegetables, nuts, or dried fruits.
- ✓ Include children when packing lunches so they can be excited about what is in their lunch.
- ✓ Expand variety by trying a new food each week.
- ✓ Remember food safety when preparing lunches and snacks by washing hands, keeping cold foods cold with frozen water or juice containers or an ice pack, and keeping hot foods hot using an insulated container or thermos.

For more school lunch food safety tips, the Partnership for Food Safety Education offers a flyer at [www.fightbac.org/kidsfoodsafety/school-lunches/](http://www.fightbac.org/kidsfoodsafety/school-lunches/)

For more information about this or any other topic related to nutrition, food safety or health contact Holly Miner at [haminer@ksu.edu](mailto:haminer@ksu.edu) or call 620-331-2690 or 308-224-4628.

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