



HEALTHY SUMMER LUNCHES & SNACKS - FOR POOLSIDE OR SUMMER CAMPS

Now that summer is almost here it's a great time to continue the healthy eating and snacking routine (or get started with a new routine in the slower pace of summer break!) Here are some great ideas for camp lunches and snacks, by the pool or on the go!

- **Pita pocket sandwich.** Pack a whole-grain pita pocket with chicken Caesar salad or any other lean meat or cheese filler mixed with vegetables and dark green lettuce.
- **Fruit and cheese.** Make crispy cracker sandwiches with whole-wheat crackers, slices of assorted cheese and lean meats. Don't forget fruit, which goes nicely with cheese and adds fiber and nutrition.
- **Peanut butter fun pack.** Pack 1/8 cup of natural-style peanut butter along with a plastic knife or spoon, wheat crackers and celery sticks.
- **Bagel with cream cheese.** Bagels are a wonderful foundation for hardy sandwiches that stand up to being in a backpack or locker all morning. Toast a bagel in the morning and simply spread some light cream cheese in the middle. Or make a bagel sandwich with a little light cream cheese, turkey and cranberry sauce, topped off with alfalfa sprouts or Romaine lettuce.
- **It's a wrap.** Wraps are a nice change of pace from the usual sandwich. Use one of the new higher-fiber tortillas, like the multigrain flour tortillas available in most supermarkets. Fill 'er up with chicken Caesar salad or assorted lean meats, cheese, tomato, sliced onion, shredded Romaine lettuce and light dressing.
- **Toss some taco salad.** If taco salad is a favorite, pack the meat mixture tossed with the shredded cheese, tomatoes and chopped Romaine lettuce in a plastic container. At lunchtime, your child can add crunchy, reduced-fat tortilla chips and a little light dressing.
- **Fried rice can be fun.** When made with eggs or chopped lean ham and lots of veggies, cold fried rice can be a satisfying noontime treat. Make your own or plan on leftovers the night before if you're ordering from a restaurant.
- **Meal muffins.** Certain types of muffins work as a lunch entrée. If you bake them over the weekend and keep them in the freezer, you just have to pull one or two out in the morning. By lunch, they are nicely chilled and ready to eat. Try ham and cheese muffins, Mexican cornbread muffins, or quiche muffins.
- **Turkey jerky.** You can round off a lunch packed with fruit, vegetables and maybe trail mix or crackers by adding high-protein turkey jerky. Try to find turkey that is made without nitrites, MSG or artificial ingredients and that is raised without added hormones.

Source: www.webmd.com

For additional healthy snacking ideas follow these links:

<http://www.pcrm.org/health/veginfo/snacks.html>

http://www.cspinet.org/nutritionpolicy/healthy_school_snacks.pdf