



SCHOOL LUNCH BOX TIPS FROM THE AMERICAN HEART ASSOCIATION

Kids vary greatly on their lunch box preferences, from those that prefer the basics and little variety to those culinary masters who insist on variation and creativity to enliven their mid-day refueling. Consider some of these ideas...

- Build a better sandwich by using whole grain breads and rolls whenever possible to increase the total fiber in your child's diet. Include whole grain crackers with soups, chili, stew and always push the fresh fruit - with the skin.
- There are many brands of very low fat or fat-free cold cuts available nationally. Use these in a sandwich or cut up into strips on top of a salad.
- Use leftover chicken or turkey strips to make a cold fajita - go heavy on the vegetables. Try one of the fat-free sour creams as a dressing.
- Stuff a pita pocket with vegetables, fat free cheese and leftover grilled chicken.
- Tuna salad with added chopped vegetables like onion, carrot, celery and green peppers mixed with fat-free mayonnaise is a great option. Try mixing with a fat-free Russian dressing for a different flavor.
- Leftover lean meatloaf makes a great sandwich.
- Chunky chicken salad mixed with fat-free mayonnaise, raisins, shredded carrots, and sliced almonds in a pita is a winner. Top it with salsa for a Southwestern flavor.
- Mix cranberry sauce and non-fat mayonnaise to dress up a turkey sandwich.
- Pair natural peanut butter with an "all-fruit" jelly for a traditional favorite
- Sliced ham or low-fat or fat-free cheese with honey mustard is great on rye.
- Low-fat cheese with tomato slices and mustard or fat-free mayonnaise on a roll is OK.

For more information and healthy recipes visit AmericanHeart.org or call 800-620-1700.