



# A nutrition Fact Sheet



## Liven Up Sack Lunches

Lunch is important for you and your kids! Lunchtime is your child's time to refuel after a busy morning. Repeated studies have shown that kids who eat breakfast and lunch do better in school.

### Kid Friendly Tips for a Super Sack Lunch

- Involve kids in packing their lunches.
- Let them pick out nutritious foods they will like and eat.
- Avoid high calorie, low nutrient foods such as chips, soda, and candy.
- Remember, your kids are growing! But the right amount is usually not as big as an adult portion.

### Keep in mind that kids like:

- **Foods that fit in their hand.** Cut up fruits and vegetables in smaller sizes.
- **Shapes.** Use cookie cutters to create fun shapes in lunch foods.
- **Dipping fruits and vegetables.** Add bean or yogurt dips, low fat dressing, or salsa.
- **Routine.** Don't worry if your child chooses the same food day after day. Include favorite foods with new ones.
- **Surprises!** Including a note or treat occasionally makes lunch fun.

### Keep It Safe

- Use an insulated lunch bag or double bag paper sacks.
- Keep cold food cold by using a frozen chill pack or freeze a juice box or water bottle.
- Keep hot foods hot by using a thermos and heating foods to 165°F or boiling before packing.
- Remind kids not to eat leftovers from lunch that need to be kept cold or hot. For example, crackers are OK to eat, but a tuna sandwich is not!

### Build a Lunch

For a healthy lunch, choose foods from at least four of the five food groups. For example:

|                   |                                      |
|-------------------|--------------------------------------|
| <b>Grains</b>     | Whole Grain Bread                    |
| <b>Vegetables</b> | Carrot Sticks with Hummus            |
| <b>Fruit</b>      | Apple Slices Sprinkled with Cinnamon |
| <b>Dairy</b>      | Lowfat Milk                          |
| <b>Protein</b>    | Peanut Butter or Egg Salad Sandwich  |

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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## Tips for a Quick and Healthy Lunch

- Stock up on lunch possibilities when you shop for groceries. Think simple: a loaf of whole wheat bread and a jar of peanut butter, easy-to-transport fruits and vegetables, etc.
- Make your dessert a nutritious part of your lunch. Use fresh fruits instead of candy bars or high fat cookies.
- Include at least one serving of fruit. Try apples, oranges, pears, melon, applesauce, or grapes.
- Include a serving of protein like lean meat, egg, peanut butter, beans, or tuna.
- Use vegetables creatively: as sandwich garnishes, in a salad, or cut up with a lowfat dip.

## Leftovers for Lunch!

Create tomorrow's lunch when you are putting away dinner from tonight. This also saves on clean-up time.

- Wrap leftovers like vegetables, rice, and meat in a tortilla. Pack a small container of salsa with the wrap.
- Rinse and drain a can of beans. Combine with leftover salad and dressing.
- Add a quick-to-make peanut sauce to leftover noodles and vegetables. (*Peanut Sauce – Mix ¼ cup peanut butter, ¼ cup water, and 1 Tablespoon soy sauce until blended.*)
- Take leftover chili, soup, or stew in a microwave safe container.

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## Southwestern Lunch Wraps

Yield: 8 servings • Serving Size: 1 wrap

- 1 cup cooked pinto beans (or canned, rinsed)
- 2 cups cooked black beans (or canned, rinsed)
- ¾ cup frozen corn (or canned, drained)
- Optional: chili powder, cumin, minced garlic, paprika, salt and pepper
- 1 cup unsalted canned diced tomatoes (drained)
- 8 (8 inch) whole wheat tortillas
- 1 cup shredded cheddar or pepper jack cheese
- 1½ cups salsa
- Fresh cilantro

1. Preheat oven to 350° F. Place beans, corn, tomatoes, and spices (if using) in large bowl and toss to mix. Add in cheese. Mix well.
2. Spoon the mixture evenly between the tortillas and roll up.
3. Bake for 10 minutes or until cheese is melted. Top with salsa and cilantro (if using).

**Tips:** Make these wraps ahead of time and freeze until ready to use. Look for low sodium salsa (less than 300 mg sodium per serving).

## Nutrition Facts

|                               |                      |
|-------------------------------|----------------------|
| 8 servings per container      |                      |
| <b>Serving size</b>           | <b>1 wrap (199g)</b> |
| <b>Amount per serving</b>     |                      |
| <b>Calories</b>               | <b>290</b>           |
| <b>% Daily Value*</b>         |                      |
| <b>Total Fat</b> 9g           | <b>12%</b>           |
| Saturated Fat 4g              | <b>20%</b>           |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 15mg       | <b>5%</b>            |
| <b>Sodium</b> 520mg           | <b>23%</b>           |
| <b>Total Carbohydrate</b> 41g | <b>15%</b>           |
| Dietary Fiber 6g              | <b>21%</b>           |
| Total Sugars 3g               |                      |
| Includes 0g Added Sugars      | <b>0%</b>            |
| <b>Protein</b> 13g            |                      |
| Vitamin D 0mcg                | <b>0%</b>            |
| Calcium 208mg                 | <b>15%</b>           |
| Iron 2mg                      | <b>10%</b>           |
| Potassium 316mg               | <b>6%</b>            |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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