



When kids are involved in making lunches, they're more likely

eating at home by cooking and eating together. Here are some tips to simplify healthy school lunches:

Meat and alternatives

Hard boil a dozen eggs or make a batch of bean salad to provide protein for the week.

Veggies and fruit

Cut plenty of fresh vegetables and fruit so you don't have to do this every day.

Whole grains

Choose healthier options like whole grain breads or brown rice.

Healthy snacks

Consider making unsalted popcorn or a trail mix of seeds, nuts and low-sugar cereal, like bit-sized shredded wheat.

Dairy

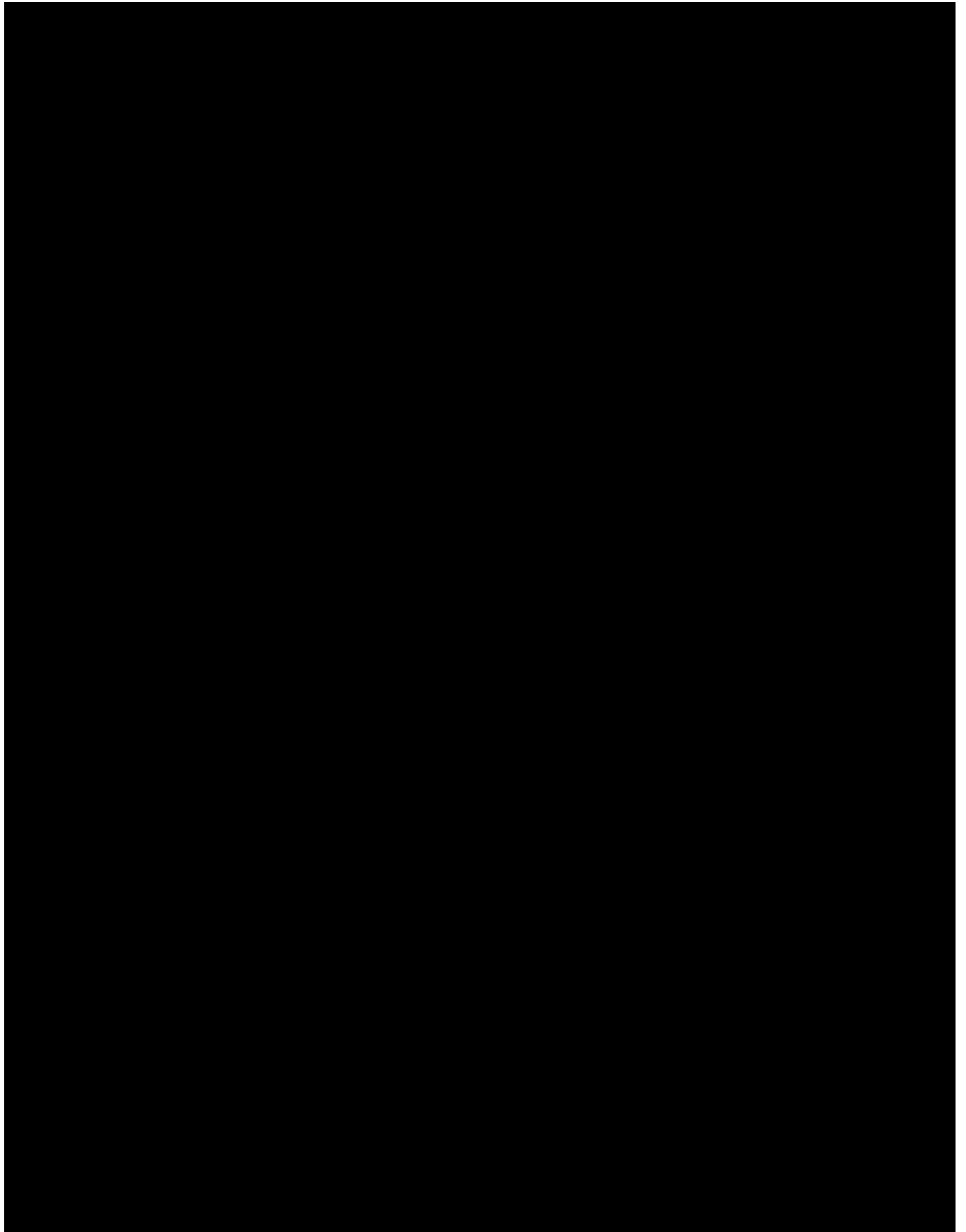
Get in an extra serving of dairy with yogurt that's low in add-ins like sugar and preservatives.

Hydration

your child has ongoing digestive problems, talk to your family doctor.

Making the most of kids meal times

Has your child ever complained of digestive discomfort? Follow this simple cheat sheet for advice on how to keep your kid's gut healthy:



Check out our [back to school booklet](#) for tips on other common topics.