

## **Tips to Making a Great Back-to-School Lunch**

1. Kids like ready-to-eat foods – A peeled and segmented orange is more likely to get eaten than a whole orange.
2. Kids like fun – Use cookie cutter to cut up sandwiches.
3. Kids love to dip – Try mixing a dry Ranch packet into plain Greek yogurt for a healthy vegetable dip or try making your own hummus (recipe below).
4. Combine colors, textures and different food groups to provide a variety of flavors and nutrients.
5. Kids love colorful - Select a variety of fruits and vegetables with different colors, kids love it, and they provide an assortment of vitamins, minerals, antioxidants and fiber.
6. Nature's Candy – Fruit makes a great choice for something sweet.
7. Get children involved in choosing, preparing and packing lunch foods.
8. Teach – Educate your children about how to balance less nutritious foods with more nutrient-rich choices by packing only a small portion of a “treat,” packing only one treat per day and balancing treats with other healthy foods.
9. Food Safety – Use a properly insulated bag and add an ice-pack or frozen bottle of water if the lunch contains any perishable items.

### **Easy to make hummus**

#### **All you need:**

- 1-2 cloves of garlic, smashed and peeled
- 1 15oz can chickpeas, rinsed
- 3 tablespoons of water or liquid from beans
- 3 tablespoons olive oil
- 2 tablespoons tahini
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon cumin
- ½ teaspoon paprika

#### **All you do:**

1. Combine all ingredients in food processor or blender until smooth.
2. If needed, add a little water until it reaches desired consistency.
3. Serve as a dip for vegetables or pita bread or use as spread on sandwich.

\*Store leftovers in refrigerator for up to one week.