



# Your Commissary... It's Worth the Trip!

THINKING OUTSIDE THE BOX

## Field Trip Safe Lunch

With the school year comes the multiple last minute realizations that your child needs a "brown bag lunch". You may not be used to having to pack because your child eats the lunch served by the school. For those that do pack lunches, figuring out what to pack is different than regular school days because the items you usually pack may not be food safe without the cute freezer pack that accompanies your child's lunch. Or, given the way children handle the "brown bag" lunch, the typical lunch day foods may be mashed and smashed. Items are no longer protected with the sturdy box you normally send to school.

To manage the stress of those last minute "Oh, by the way, tomorrow is a field trip day!" and assure that you are sending your child off with a safe and healthy meal, aim to always have on hand fresh fruit or individual no-added sugar fruit cups, celery and/or baby carrots, whole wheat bread and a nut butter. (Be sure to check your school policy regarding peanut butter.) These items are great for lunch any time, allowing you or your child to just grab one of each item and make a lunch quickly. You can feel good about packing this lunch because you are meeting the following Dietary Guideline recommendations:

- » Fill your plate with half fruits and veggies.
- » Choose unsweetened beverages, with water being best.
- » Make most of your grain choices whole grain.
- » Limit high sodium foods.

The featured lunch is even more convenient because the sandwich is already prepared. When looking for prepared items, aim to choose whole grain, low sodium, and low or no-added sugar items most of the time. Remember that "reduced" does not always mean a healthy amount of sugar, fat, or sodium. It means that the product contains 25 percent less than the original version. Be sure to always read the Nutrition Facts Label.



### Directions: Serves 1

1. Place one sandwich, one squish'ems, and one bottled water in a brown bag.
2. Wash and cut celery into 3-4 inch long pieces.
3. Wash baby carrots.
4. Place a mixture of celery sticks and baby carrots in a plastic sandwich bag and then pack with the other items.

**Tip:** Food items suggested for this meal also make great, economical after school and road trip snacks.

**Notes:** Pack the sandwich frozen, because it will help keep the veggies chilled so they remain tasty. It will thaw by the time your child eats lunch and will be less likely to be smashed. For older children, you may want to pack two sandwiches and/or increase the serving of carrots and celery.

DISCLAIMER: You may use any like products of any brand in making this healthy choice meal. The pictures here are not an endorsement of these products, but reflect items that are currently on promotion at your commissary.