

Tiny Tummies' Lunchbox Shopping List

A healthy lunch should include most of the five food groups. Take this list with you when shopping for lunchboxes this year for healthy inspiration and ideas.

Grains:

- ♥ 100% whole wheat bread
- ♥ whole grain crackers (such as Ak Mak, Barbara's Wheatines, Health Valley Whole Wheat Crackers, or Hain Sesame Crackers)
- ♥ pasta (small shapes like macaroni, shells, bowties, corkscrews). Cooked pasta is delicious chilled, just toss with a little olive oil and sprinkle with Parmesan cheese.
- ♥ Annie's Whole Wheat Shells
- ♥ tortillas or lavosh for making rolled sandwiches
- ♥ whole grain waffles (they make great peanut butter and jelly sandwiches)

Vegetables:

- ♥ carrots
- ♥ celery (with or without peanut butter)
- ♥ jicama
- ♥ bell peppers
- ♥ cucumbers
- ♥ sliced tomato
- ♥ green beans (lots of kids like to crunch on raw beans)
- ♥ broccoli or cauliflower florets
- ♥ zucchini sticks
- ♥ lettuce (for sandwiches or a salad—just pack dressing in a separate little container)
- ♥ cabbage (for coleslaw)
- ♥ canned vegetables like baby corn, bamboo shoots and water chestnuts

Fruit:

- ♥ apples
- ♥ oranges, mandarins, grapefruit
- ♥ bananas
- ♥ peaches, nectarines
- ♥ plums
- ♥ grapes
- ♥ apricots
- ♥ persimmons
- ♥ pomegranates
- ♥ pears
- ♥ unsweetened applesauce
- ♥ canned fruit packed in fruit juice or light syrup (peaches, pears, pineapple, mandarin oranges)
- ♥ dried fruits (apricots, apples, figs, dates, mango, prunes, peaches)
- ♥ raisin boxes
- ♥ frozen blueberries, raspberries, strawberries (they thaw by lunchtime—send with a spoon)
- ♥ 100% fruit juice

Calcium-rich foods:

- ♥ milk (low fat or nonfat)
- ♥ calcium and vitamin D-fortified soy or rice milk
- ♥ calcium-fortified orange juice
- ♥ natural cheeses
- ♥ string cheese
- ♥ Bonbel cheeses
- ♥ Laughing cow cheeses
- ♥ yogurt (in cups or squeeze tubes like Yo Squeeze)
- ♥ soy yogurt
- ♥ cottage cheese (low fat or nonfat)
- ♥ kefir

Protein foods:

- ♥ sliced turkey
- ♥ sliced roast beef
- ♥ sliced chicken

- ♥ hard-boiled eggs (plain or in egg salad sandwich)
- ♥ peanut butter
- ♥ almond butter
- ♥ peanuts in their shells
- ♥ pistachios
- ♥ sunflower seeds
- ♥ hummus
- ♥ Yves Deli Slices (soy bologna)
- ♥ LightLife Smart Deli Meatless Slices
- ♥ refried beans
- ♥ canned tuna
- ♥ canned salmon

Treats:

- ♥ all-fruit rolls or fruit leather (like Kettle Valley Real Fruit Snack, Sunkist, or Stretch Island Fruit Leather)
- ♥ tortilla chips (look for brands without hydrogenated oils like Padrinos, Guiltless Gourmet, or Garden of Eatin')
- ♥ cookies (homemade or Newman's Own Fig Newmans, fortune cookies, Barbara's Bakery Snackimals, graham crackers)
- ♥ Hain Kidz Bear Bites ("natural" gummy bears)
- ♥ dried cranberries
- ♥ popcorn
- ♥ kettle corn
- ♥ pretzels (like Newman's Own)
- ♥ granola bars (like Health Valley or Nature's Choice)

