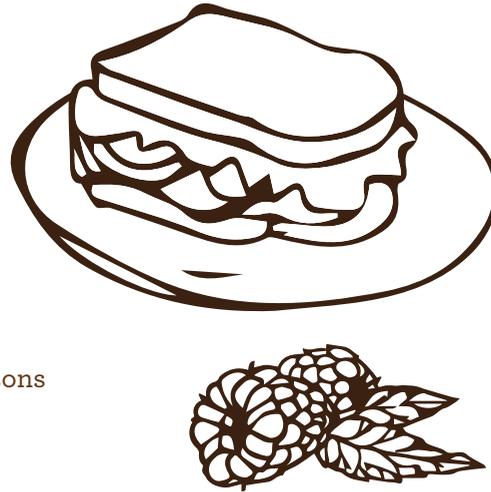


LUNCHBOX TIPS

Studies indicate that what your child eats directly affects brain function. Help them excel by creating a tasty midday meal with these tips from your New Seasons Market Nutritionists.



PREP THE PRODUCE

Kids eat more fruits and vegetables when they are easy and fun to eat—so slice, shred, section and peel those good-for-you foods before you pack them. Include a container of dressing or hummus for dipping veggies. Change things up by using a leafy green wrap instead of a boring bun.

FATS ARE FUNDAMENTAL

Healthy fats support brain function and satiety. Include avocado slices or a container of guacamole. Add a carton of whole organic milk or spread pasture butter on a sliced baguette. Try a variety of nut and seed butters on carrots or sliced apples.

PROTEIN IS POWER

As a slow-burning fuel, protein foods supply sustained energy and balance blood sugar. Cubed cheese, chicken, tofu or tempeh make great finger foods.

HAPPY HELPERS

Encourage your kids to participate in lunch planning by turning it into a fun activity. New Seasons Market has an amazing selection of reusable lunch and bento boxes, water bottles and lunch bags to make packing lunch a pleasure.

WANNA KNOW MORE?

askthenutritionist@newseasonsmarket.com



Build a smarter SANDWICH

START HERE

SANDWICH

Baguette*	Pita bread
English muffin*	Sandwich bread*

WRAP

Butter lettuce	Coconut wrap
Cabbage shells	Nori sheets
Collard greens	Tortillas*

PICK A PROTEIN

Chicken salad	Sliced cheese
Deli meat*	Tempeh/Tofu
Egg salad	Tuna salad
Nut/Seed butter	Veggie burger*

ADD VEGGIES

Baby spinach	Pea shoots
Bell pepper strips	Radishes
Cucumber slices	Sauerkraut
Lettuce ribbons	Shredded carrots
Onions	Tomato slices

SPREAD THE FUN

Avocado	Fruit spreads
Butter	Hummus
Cashew Cheese	Mustard
Chèvre	Nut/Seed butter
Cream cheese	

ON THE SIDE

Applesauce	Popcorn
Fresh fruit	Trail mix
Kale chips	Veggie sticks
Pickles	Yogurt

*Gluten-free options available

TIPS FROM YOUR NUTRITIONIST

- Sprouted grain or sourdough breads are easier to digest and better for blood sugar balance.
- Avoid preservatives, sugar and artificial colors.
- Select meats free of hormones, antibiotics and nitrates.
- Choose local, seasonal and organic when possible.
- Look for pasture-raised dairy products when possible.
- Pack whole fruit over fruit juice, as juice is a concentrated source of sugar.



BRAIN BOOSTER

Include a carton of milk with lunch. Organic whole milk from pasture-raised cows contains 62% more brain-supportive omega-3 fats than conventional whole milk.

Build a brighter BENTO BOX

STACKABLES

Baguette rounds*
Corn chips*
Crackers*

PROTEIN POWER

Chicken cubes
Cheese cubes
Deli meat, cubed or sliced*
Hard-boiled egg
Nuts/seeds

VIBRANT VEGGIES

Bell pepper strips
Broccoli trees
Cauliflower trees
Carrot chips
Celery boats

SPREADS AND DIPS

Bean dip
Butter
Chèvre
Cream cheese
Guacamole

SNACKS AND TREATS

Apple slices
Applesauce
Cherries
Chia pudding
Dark chocolate
Jerky
Mango chunks

*Gluten-free options available

Nori strips
Pita triangles
Plantain chips

Sausage
Smoked salmon
Steak bites
String cheese
Tempeh/Tofu

Cherry tomatoes
Cucumber spears
Jicama sticks
Snap/Snow peas
Zucchini chips

Hummus
Nut butter
Ranch dressing
Seed butter
Tzatziki

Olives
Pickles
Popcorn
Seaweed snacks
Trail mix
Yogurt

