HEALTHY FOOD AWAY FROM HOME!

(CARRYING A COOLER OR LUNCH PAIL TO WORK OR SCHOOL, CAR TRIPS, Pow Wow, Camping, Hiking, or VACATION)

Sometimes we just have to carry healthy food with us. Having good food on hand at home is important. The list below is intended to be a shopping guide when you are at the store to help you remember to bring easy to use food home to fill the cupboard or refrigerator. Planning is a traditional way of life.

The food list to the right is designed to help you make sack or lunch pail meals with variety. Select one item from each column to create unique, tasty, and healthy meals on the go — whether it is during short car trips, picnics, or a way to save money by packing lunch for school or the work place.

MIX AND MATCH
Select One Item from Each of the Categories
Variety, Unique, Tasty, Healthy, and Fun in a Bag!

Sandwich (starch, protein, filler/side)
+ fruit + treat + drink = Eating Smarter Lunch

<table>
<thead>
<tr>
<th>STARCH</th>
<th>Pita</th>
<th>Whole Grain Bread</th>
<th>Tortilla</th>
<th>Whole Grain Crackers</th>
<th>Sub Rolls</th>
</tr>
</thead>
<tbody>
<tr>
<td>PROTEIN</td>
<td>Deli Meat</td>
<td>Sliced Cheese</td>
<td>Peanut Butter</td>
<td>Hard Boiled Egg</td>
<td>Canned Tuna or Salmon</td>
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<tr>
<td>FILLER/SIDES</td>
<td>Lettuce/</td>
<td>Sprouts/</td>
<td>Pepper/</td>
<td>Broccoli/ Celery</td>
<td>Pickle/ Jalapeno/ Mayo</td>
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<tr>
<td></td>
<td>Tomato/</td>
<td>Grated Carrots/</td>
<td>Zucchini</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Onion</td>
<td>Mustard</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>FRUIT</td>
<td>Orange OR</td>
<td>Canned Fruit</td>
<td>Banana OR Berries</td>
<td>Grapes OR Seasonal Melon</td>
<td>Kiwi OR Grapefruit</td>
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<tr>
<td></td>
<td>Apple</td>
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<td></td>
<td></td>
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<tr>
<td>TREAT</td>
<td>Small</td>
<td>Baked Chips</td>
<td>Animal Crackers</td>
<td>Walnuts or sun seeds</td>
<td>Pudding</td>
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<tr>
<td></td>
<td>Muffin</td>
<td></td>
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<tr>
<td>DRINK</td>
<td>Skim Milk</td>
<td>Water</td>
<td>100% Juice</td>
<td>Tea</td>
<td>Infused Water</td>
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</tbody>
</table>

Fast Food for Occasionally?
SHOPPING IDEAS
(Keep these foods on hand so packing is easy)

PROTEIN

___ Sliced Lean Deli Meat—ham, beef, turkey
___ Eggs (boil and store in carton)
___ Tuna or Salmon
___ String Cheese
___ Sliced Cheese
___ Shredded Cheese
___ Chicken Drumsticks
___ Beans (individual canned)
___ Nuts (peanuts, almonds, Walnuts, sun seeds, etc.)

VEGGIES/FRUIT

___ Vegetable Sticks
___ Baby Carrots
___ Whole Fruit (sale seasonal items)
___ Fruit Leathers
___ Dried Fruit
___ Applesauce or Canned Fruit Cups
___ Sweet Potato Slices

DESSERTS/ SNACKS/OTHER

___ Baked Chips, Pretzels (bulk or individually wrapped)
___ Small Sized Cookies (bulk or individually wrapped)
___ Frosted cereal
___ Pudding and Jell-O Cups
___ Granola Mix or Bars
___ Trail Mix
___ Zip Bags, Napkins, Plastic Flatware

“8” HEALTHY IDEAS WHEN
AT A FAST FOOD
RESTAURANT

1) Opt for grilled, broiled, or steamed. Chicken, turkey, or fish are leaner than ground beef.
2) Say no to special sauces, cheese, mayo and bacon. They pack the fat.
3) Order regular or kids meals. Big appetite? Add a salad or soup.
4) Pick leafy green salads, baked potatoes, veggies and baked beans. Avoid fried tortilla shells.
5) Need dessert—eat it rather than dressing for less fat OR share one serving.
6) Drink water, skim milk of unsweetened tea
7) Expand your definition of QUICK NOON RESTAURANTS—subs, wraps, burritos, (no sour cream) and pitas are better than burger buns.
8) Buy your own fast food when you grocery shop. Buy cottage cheese, yogurt, baby carrots, nuts, fresh fruit and pretzels. Take them to work and add them to your purchased sandwich.