

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 chart on the back 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.



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.)

GRAINS

- ___ whole grain bread, Rolls, Subs
- ___ Pita bread, Tortillas
- ___ Bagels or English Muffins
- ___ Rice or Pasta
- ___ Whole Grain Crackers (wheat, graham, rice)
- ___ Bread Sticks, Popcorn

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

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

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



Fast Food for Occasionally?

“8” Healthy Ideas for
CHOOSING “EATING SMARTER” FAST FOODS

- 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.

Revised March 2016