



Having these items at home to grab for lunches makes packing a healthy lunch much easier every day!

Packing Healthy Lunches

Proteins

- Black beans, kidney beans, chickpeas/ garbanzo beans
- Low-sodium deli meats (turkey, chicken, roast beef)
- Peanut butter, or another type of nut butter (almond or cashew) and other low-salt nuts and seeds
- Canned tuna (in water)



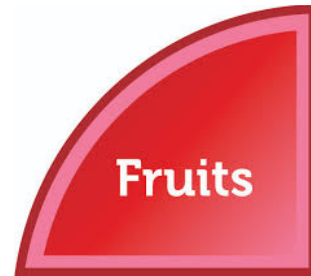
Dairy

- String cheese or cottage cheese
- Low-fat or fat-free yogurt (Greek yogurt or ones with low sugar)



Fruits

- Fresh fruits, cut-up or whole
- Canned fruits in water or juice (not syrup)
- Frozen fruits without added sugars
- Dried fruits, such as raisins, cranberries, apricots, apples or bananas



Vegetables

- Fresh vegetables, cut-up or whole (baby carrots, sweet peas, bell peppers, cucumbers, or celery)
- Leftover cooked vegetables
- roasted chickpeas or peas with herbs



Grains

- Whole wheat/whole grain crackers
- Whole grain bread or bagels
- Cooked rice, quinoa, or pasta to add to other foods
- Granola or quick oats, whole grain cereals

