

# LUNCHBOX MAKEOVER



## How to Start

Whole food, plant-based eating can provide kids with all the nutrients they need to stay energized during the day. Packing your child's lunch is an easy way to make sure they are getting healthy foods during school. Try these ideas to pack a whole food, plant-based lunch:

### Brainstorm Lunchbox Ideas

Work with your child to find plant-based recipes and snacks that they enjoy. Take your child with you to the grocery store and let them pick out fruits and vegetables that they want to try.

### Make in Batches

Cook items like quinoa, whole wheat pasta, and legumes ahead of time. This will make it easy for you to pack lunches during the week and keep them eating whole, plant-based foods.

### Prep Fruits and Vegetables

Keep fruits and vegetables washed and cut up in the refrigerator. This makes it easy to grab and pack!

## 5 Lunchbox Tips

1. Cut fruits and vegetables into bite sized pieces. This makes it more fun for kids to eat!
2. Always include a protein in your child's lunch, such as beans or nut butter.
3. Pack leftovers from dinner throughout the week.
4. Ask your child what they want to try! They may even want to help pack their own lunch.
5. Make water the drink of choice!

## Lunchbox Ideas

The key to a healthy lunch is to include a variety of foods. With practice and creativity, you can pack your child a well-balanced lunch. Here are some whole food, plant-based lunch ideas:

- Nut butter & sliced fruit sandwich
- Hummus & veggies/sprouts wrap
- Avocado with whole wheat crackers
- Almond or soy milk yogurt
- Plain popcorn
- Whole wheat pretzels
- Roasted chickpeas
- Fresh fruit and veggies
- Homemade granola bars
- Dried fruit (dates, apples, etc.)
- Plain water or water with berries & lemon



### Chia Seed Pudding

#### Ingredients:

- 1 cup unsweetened almond milk
- 1/4 cup chia seeds
- 1 teaspoon vanilla extract
- 1 tablespoon pure maple syrup or honey (optional)
- Fresh fruit

#### Directions:

1. Combine: Place ingredients in container or bowl and mix well.
2. Mix twice: Mix the chia mixture after 5 minutes, then again after 5 minutes, mixing well each time.
3. Chill: Keep covered in the refrigerator until set. Will be ready in 3 – 4 hours.
4. Top with fruit and enjoy!

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