



SPECIALLY SELECTED NUTRITION FOR GROWING KIDS

DEVELOPED WITH PEDIATRICIANS

- ✓ **DHA OMEGA-3**
Helps Support Brain Health
- ✓ **CHOLINE**
Helps Transport DHA Through the Body
- ✓ **PREBIOTICS**
Good for Little Bellies†



† PREBIOTICS FEED THE GOOD BACTERIA IN THE GUT. 1-2g PREBIOTICS PER SERVING. SERVE AS PART OF A BALANCED DIET.

LUNCHBOX IDEAS

HANDY LUNCH PACKING AND PLANNING TIPS FOR FAMILIES

- 👛 **Plan ahead** by portioning out a few days' lunches on Sunday evening. Wash, peel and slice veggies and fruits ahead of time, then pre-portion in containers or snack bags to save time packing.
- 👛 **Put your dinner leftovers to good use** and pack them the next day for lunch.
- 👛 **Aim for a variety of foods.** Try including a fruit, veggie, and dairy item with their lunch to help make a more balanced meal for your little one.
- 👛 **Keep a supply of lunchbox staples** in your pantry and fridge, including convenient single-serve yogurt pouches and shelf-stable milk boxes.
- 👛 **Involve kids in lunchbox decisions** by letting them pick between two choices of healthy options that parents provide.
- 👛 **Kids love surprises** but not in their lunchbox. Try new foods at home first before you send them in lunchboxes.
- 👛 **Encourage kids' creativity and independence** by letting them help you build their lunchboxes. A bento box concept can be a fun way to let them choose and pack a variety of foods themselves.
- 👛 Keep favorite foods looking fresh - **soak apple slices in OJ** instead of lemon juice to prevent browning with less of a tart taste.
- 👛 **Be aware** of foods that are common choking hazards and modify as needed. For example, slice grapes and cherry tomatoes lengthwise before packing for your child.
- 👛 **Thermoses are great** for keeping foods other than liquids warm - use them for lunchtime favorites like chicken breast chunks or pasta!

PICK ONE ENTRÉE CHOICE

CHILLED QUESADILLA

- Make the night before! On a whole wheat tortilla, add cheese and other desired fillings like black beans, pinto beans, or leftover chicken.
- Warm until cheese is hot and melted. Cut into triangles, wrap in foil, and chill.

CHICKEN DIPPERS

- Cook and chill chicken breast, then cut into strips.
- Add favorite sauce or dressing as a dip.
- Pair with whole wheat crackers, a pita pocket cut into triangles, or pretzels.

HUMMUS AND PITA

- Include a small sealable container of their favorite hummus.
- Pair with whole wheat pita cut into triangles or pretzels for dipping.
- Add peeled hard-boiled egg.

MINI BUILD-YOUR-OWN PIZZA

- Include a small pita or naan bread (~4 inches in diameter) with a small sealable container of tomato sauce and a spoon for spreading. Include Horizon Organic shredded cheese to top the pizza.
- Optional:** add other toppings such as turkey pepperoni.

MEAT+CHEESE PINWHEELS

- Spread a thin layer of cream cheese on a whole wheat tortilla. Layer choice of sliced deli meat like turkey, ham, or roast beef and choice of favorite cheese slice.
- Tightly roll tortilla and slice to make “pinwheels”.

CHICKEN AND PASTA

- In a thermos, include hot, cubed chicken breast with cooked couscous or whole wheat noodles.
- Dress it up with marinara or pesto sauce, sprinkle with Parmesan cheese.
- Optional:** add cooked veggies like broccoli or cauliflower.

ADD ONE FROM EACH CATEGORY

FRUIT

-  Apple slices
-  Peeled orange slices
-  Blueberries
-  Blackberries
-  Raspberries
-  Grapes
-  Sliced strawberries
-  Melon bites
-  Mango spears

VEGGIE

-  Baby carrots
-  Cucumber shapes
-  Snap peas
-  Celery sticks
-  Broccoli or cauliflower “trees”
-  Sliced bell peppers
-  Side salad with tomato

DAIRY

-  Horizon Organic Growing Years yogurt pouch
-  Horizon Organic mozzarella string cheese
-  Horizon Organic single-serve milk box

