

5210 FEATURE:

August

Tips to build a healthy lunch



Here's how you can put 5-2-1-0 into action this month:

SCHOOL LUNCH FACTS:

Nearly 32 million children receive meals throughout the school day! These meals are based on USDA nutrition standards. School lunch helps parents save time, money and provides a balanced meal for students. Schools are working to make meals more nutritious and help kids make healthy choices by providing:

- Greater variety of fruits and vegetables
- More whole grain foods
- Water at meal times
- Better portion sizes

CHECK IT OUT: [MyPlate Guide to School Lunch for Families](#)

— Information via U.S. Department of Agriculture

HEALTHY LUNCH TIPS:

Fill half of your plate with fruits and vegetables!

Eat the rainbow: Choose fruits plus red, orange, and dark green vegetables.

Don't get bored — try new foods!

Keep it interesting by picking out foods you've never tried before. Discover a new favorite!

Satisfy your sweet tooth!

Fruit is a naturally sweet dessert dish. Choose a fruit salad or make a fruit parfait with yogurt.

MORE: [MyPlate Tips to Build a Healthy Plate](#)



PACKING A LUNCH?



Check out this [full week of brown bag lunch ideas](#), with recipes and grocery list.

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