

# IT'S LUNCH TIME!

Continue to get the energy you need by having a healthy lunch.

## TIPS FOR A HEALTHY LUNCH



### FRUITS/VEGETABLES

- Pack fruits such as bananas and mandarins to pair with your lunch
- Look for recipes that include fruits and/or vegetables
- Utilize individual containers to pack fruits and vegetables (e.g., grapes, carrots)



### DAIRY

- Keep dairy and calcium-fortified nondairy products on your shopping list
- Add a little cheese to meals and snacks
- When making sauces, use low-fat plain yogurt



### WHOLE GRAINS

- Choose whole wheat pasta
- Add whole grain crackers with your soup or salads
- Switch to brown rice from white rice



### PROTEIN

- Add protein like grilled chicken to your salads
- Pack a mixture of unsalted nuts and sunflower seeds
- Canned seafood not only stores well, but is also a great way to include protein in your next meal



## EAT HEALTHY ON A BUDGET

### PLAN YOUR WEEKLY MEALS

- Write down your upcoming meals.
- List out recipes to try.
- Buy a combination of fresh, frozen, and non-perishable items.

### SHOP SMART

- Take time to compare unit prices listed on shelves to ensure you are getting the best price.
- Buy family-sized or value pack meat and freeze what you don't use.
- Drink water instead of buying sodas or other sugary drinks.

### PREPARE HEALTHY MEALS

- Invite your family to help.
- Use ingredients you already have.
- Save your leftovers in reusable containers.

Learn more about [Healthy Eating on a Budget | MyPlate](#).

## ACTIVITIES

- [Crack the Secret Code \(English\)](#)
- [Crack the Secret Code \(Spanish\)](#)

Sources: [California Department of Public Health](#) and [U.S. Department of Agriculture](#)

## RECIPE CORNER

### ASIAN CHICKEN LETTUCE CUPS

#### INGREDIENTS

- 1 cup chopped, cooked chicken breast
- ¼ cup thinly sliced green onions (green parts only)
- ½ cup finely chopped water chestnuts or use ¼ cup chopped celery instead
- ½ cup frozen peas & carrots mix, thawed
- 2 tablespoons light Asian or Sesame dressing
- 8 iceberg lettuce leaves (cup-shaped)

#### PREPARATION

1. In a medium bowl, mix chicken, green onions, water chestnuts (or celery), peas, carrots, and dressing. Stir well.
2. Microwave chicken mixture for 1 minute to warm. Scoop ¼ cup of the chicken mixture onto each lettuce leaf. Serve right away.

**Makes 4 servings - ½ cup chicken mixture + 2 lettuce leaves per serving.**

For more healthy recipes, visit [CalFresh Healthy Living](#).

## RESOURCES

For more information about food assistance, visit [Women, Infants and Children \(WIC\)](#). WIC helps families get healthy food and much more. WIC is a federally funded USDA nutrition program that is administered by the California Department of Public Health.

