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)

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

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

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)

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.

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