

Brown Bag Checklist

Nutrition Lesson(s) Supported:

-Pack a Better Lunch

Supplies Needed:

- Brown paper lunch bag for each child
- Markers, crayons, or colored pencils

Length of Time to Complete:

10 minutes

Audience (grades): K-5

Background:

Eating a healthy lunch is important! If you fill up on sweets and greasy foods what will happen to you around 1:00? You will get really sleepy! For long lasting energy, it is important to pack or choose a healthy lunch.

What goes into a healthy lunch?

- Lean protein (brainstorm healthy options)
- Whole grain (brainstorm healthy options)
- Fruit (brainstorm healthy options)
- Vegetable (brainstorm healthy options)
- Calcium-rich food (brainstorm healthy options)
- Small treat *

*optional

For example: turkey sandwich (protein and whole grain), apple (fruit), carrot sticks (vegetable), cheese stick (calcium- rich food) and a small cookie (treat).

Process:

Have the child draw a picture of foods that complete the lunch checklist. Older kids may just want to write a checklist on the outside of the brown bag.

Instruct each child to use their brown bag to pack a healthy lunch for next day. If funding is available, you can actually make a healthy brown bag lunch.

