



More YUM for your buck.

Packing a lunch is better for you and your wallet.

Make lunch a healthy habit

Save money

You can cut what you spend on lunch at a restaurant by half. Buy food in bulk and divide into individual meal servings.

Save time

Pick one evening each week to prepare lunch for the week or make dishes on the weekend that can be pre-portioned or frozen. That way you're ready to grab and go in the morning.

Eat better

When you make your own lunch, you know what goes into what you're eating. Sandwiches from restaurants can pack as much as 1,500+ milligrams of sodium.

Make healthier sandwiches using low sodium lunch meats, whole grain bread and dark, leafy greens (instead of iceberg lettuce).

Best of all, when you make your own lunch, you know what goes into what you're eating. Fewer preservatives and more fresh fruit and vegetables.

Plan healthier meals that kids will eat, too. If you can't do a full lunch, send healthy sides to balance what they might purchase.

Make it fun!

Weekly lunch preparation can be a fun activity for the whole family. Create an assembly line in your kitchen, giving everyone a chance to help make and pack lunches. Or write each other notes that get tucked into lunches for a special treat at meal time.

Consider starting a salad (or other healthy meal) club with co-workers. Schedule a time each week where everyone brings a healthy food option to share.

Instead of eating at a restaurant, try this:

TURKEY AVOCADO LUNCH WRAPS

- 1 medium-sized whole grain tortilla
- 4 oz. sliced low-sodium turkey breast
- ¾ cup raw spinach
- ½ small cucumber, thinly sliced
- ¼ cup crumbled feta cheese
- 3-4 thin slices avocado

Layer all ingredients in the tortilla and roll up. Slice in half length-wise, and wrap it up for lunch!



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