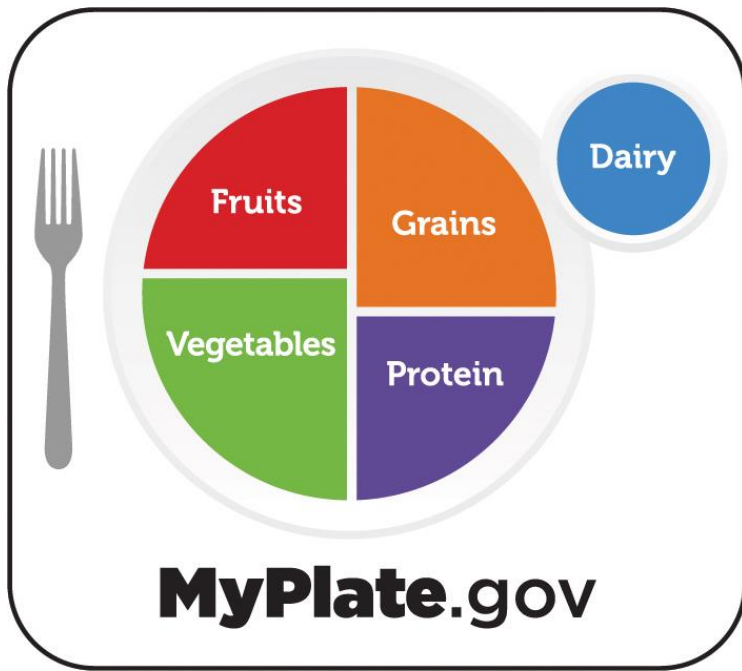


Recommendations for Healthy Packed Lunch Donations

Often people experiencing homelessness lack access to nutrient-dense (high in vitamins and minerals) foods while having increased access to energy-dense foods (high in calories). This contributes to experiencing malnutrition, obesity, and adverse health issues while simultaneously experiencing hunger. According to the Utah Food Bank, 1 in 5 children in Utah don't know where their next meal is coming from. Access to nutritious foods is particularly important for the physical, cognitive, and behavioral growth and development for kids and youth. Kindly consider the following recommendations when planning a donated prepared meal.



What foods should I include?



- 1. Fruits and Vegetables** Include in each meal as they are high in nutrients needed for growth and development. Examples: sliced cucumbers, carrot sticks, sliced peppers, watermelon, oranges, bananas, sliced apples
- 2. Protein** Important for building muscle and other tissues. Choose at least one lean protein. Examples: turkey, chicken, beans, lentils, tofu, canned tuna, eggs, dairy, peanut butter
- 3. Whole Grains** These provide energy, fiber, B vitamins, and minerals. Examples: corn, whole wheat bread, whole wheat pasta, barley, brown rice, oats, popcorn, tortillas
- 4. Beverages** Low-fat milk or water are the best options. 100% fruit juice is also okay but should be limited. Avoid sugar sweetened beverages like soda.

As a general guide, aim for

More



- Fruits
- Vegetables
- Whole grains
- Lean proteins

Less



- Sugar sweetened beverages
- Desserts, pastries, chips
- Food high in saturated fat, sodium, or added sugars

Pick at least one item from each category for a delicious, healthy and complete packed lunch.

Sandwich

- Peanut butter and banana on whole wheat tortillas
- Turkey and cheese on whole wheat bread
- Chicken, egg, or tuna salad on whole wheat rolls
- Hummus, cucumber, cheese on whole wheat pita

Snack

- Triscuits
- Mini pretzels
- Wheat Thins
- Popcorn without butter
- Whole grain Goldfish
- Trail mix
- Nuts

Fruits and Vegetables

- Clementines
- Grapes
- Apple or orange slices
- Snap peas
- Carrot sticks
- Sliced cucumber
- Sliced or mini bell peppers
- Dried fruit or dehydrated fruit

Thank you to all the gracious donors and partners who work to improve the health of our community.



A LARRY H. MILLER FAMILY
WELLNESS INITIATIVE

