



Easy, Healthy Work Lunches

Packing your lunch and taking it to work gives you more control over what you eat.

Eating healthily does not mean you can only eat boring foods. Here are some tips for packing healthy lunches:

- **Eat your vegetables:** Cut up a supply of raw vegetables and keep them in a container in your refrigerator at home. Throw some carrot and celery sticks in a plastic bag for a healthy snack.
- **Do your shopping:** Look for healthy lunch options in your grocery store. Many healthy lunch foods, like low-fat lunch meats, cottage cheese and salads, come packaged in individual containers.
- **Power and energy:** Whenever you can, choose low-fat or non-fat foods like low-fat yogurt, cheese or milk. Peanut butter on whole grain bread is a good source of protein and fiber.
- **Use the right container:** Disposable packages make it easier to take food to work because you will not have to worry about taking home dirty dishes each day.
- **Pack a thermos:** On cold days, nothing can warm you up like hot soup, pasta or chili. The key is to keep the hot lunch hot until it is time to eat — that makes it hard for germs to grow in it.

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