



FOOD POWER ON THE GO

Suggestions for a Healthy, No-Waste Lunch

ITE emphasizes Youth Wellness and Sustainability Practices: consider **healthy, whole foods** for lunch and snack choices and **low or no packaged items** and **reusable** or **recyclable** containers. The items below can be carried in a reusable or brown paper bag or in a soft lunch bag that can keep items cool.

These are suggestions only!

- Sandwiches with deli meats are good if kept out of direct sun and eaten within 4 hours.
- Peanut Butter and Jelly, or Honey Sandwiches
- Dinner left overs carried in a small, hard, sealable container: Pizza, Soup (in a thermos), Pasta, etc.
- Vegetable Snacks in reusable baggie or container
- Carrot or Celery Sticks
- Edamame (Green Soy Beans) or Green Beans
- Red, Green, or Orange Bell Pepper Slices
- Pickles or Cucumber Spears
- Jicama Slices
- Broccoli or Cauliflower Florets
- Add peanut butter or spices to your chosen vegetable
- Protein Snacks in reusable baggie or container
- Dry, roasted, or raw, nuts or seeds: pecans, cashews, pistachios, peanuts, sunflower seeds
- Peanut Butter
- Hard Boiled Eggs
- Fruit Snacks in reusable baggie or container
- Fruits: backpacks will be used so use small, hard containers for “soft” fruit.
- Berries, Dates, Grapes, Apricots, Cherries, Peaches, Pears, Nectarines, Pineapples, Avocados, Tomatoes, etc.

- Other Fruits can be put right into your pack: Apples, Oranges, Grapefruit, Pomegranates
- Dry Fruit: Raisins, Cranberries, Mango Slices, Banana Slices, Pineapple Slices, Dates, etc.
- Grains in reusable baggie or container
- Pretzels
- Popcorn
- Crackers
- Rice Cakes
- Dairy in reusable baggie or container
- Sliced Cheese

Other items in reusable baggie or container

- Potato Chips or Corn Chips
- Cookies
- Cakes
- Brownies

Drinks: Water and reusable water bottles are available for all kids.

Please No Sports Drinks or Energy Drinks or Juices. These drinks replenish energy reserves after strenuous, long term activity but are often used daily and as a sugary treat. Teens will not be over-exerted during EcoPrograms therefore water and quality foods are used for replenishment.