

October challenge: New School Year, New Lunch

A healthy lunch and snack can boost your energy and supply essential vitamins and minerals.

Here are some easy ways to manage your portions and pack healthy when packing your lunch and snacks.

- Plan out your weekly lunches and snacks ahead of time.
- Choose nutrient-rich foods from the grains, fruit, vegetable, dairy and protein food groups.
- Choose water.
- Keep portion control in mind. Use a single-serve container to pack your lunch.
- Stop eating directly from a multiple-serving package since this can lead to overeating.
- Snack only when you're hungry. Skip the urge to nibble when you're bored, frustrated or stressed. Try walking or some type of aerobic exercise instead.
- Keep snacks to 200 calories or less.

Source: Kaiser Permanente

Did you know BCPS cafeterias offer an adult meal combo? A healthy lunch appropriately portioned, and the meal includes a fruit and vegetable.

The Challenge:

- Pack your lunch for the month of October. Lunch should include fruit, veggies, protein and a bottle of water.
- Do not buy carryout for lunch in the month of October.
- Plan your meals and snacks at least three days in advance.
- Pack appropriate portions for your lunch and snacks using single serve containers.
- Manage your portion by not eating to get full. Only eat enough to curb your appetite.
- Challenge a co-worker to bring their lunch for the month of October.

If you have met the above challenge and completed each of the above including packing a healthier lunch most days of October, please complete below and turn in to your Eat Well, Work Well site coordinator by October 31st.

I (print name) _____ attest that I successfully completed each of the above including packing a healthier lunch most days of October.

Signature: _____