

# Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

## Back to School? Back to Work? Pack Lunch to Go!



Lunch provides the midday boost that you and your child need for afternoon brainpower. Packing lunch with your child is also a great way to stay connected. What if your child is a choosy eater? This can be a sign your child is searching for more independence. Your child might benefit from packing their own lunch, while you have the opportunity to serve as a model for good nutrition behaviors. Use the five main food groups for you and your child to pack your lunch.

- Fruit—Apple, banana, peach, grapes, pear, strawberries
- Vegetable—Raw celery, edamame, cucumber, peppers, carrots, cherry tomatoes
- Protein—Chicken/turkey breast, tuna, peanut butter, handful of unsalted nuts, hummus, hard-boiled eggs
- Grain—Whole grain bread, bagel, muffin, steamed brown rice, quinoa
- Dairy—Cheese stick/cubes, low-fat yogurt, low-fat milk

Encourage your child to pick or add foods together from each category to make a well-balanced lunch!

Source:

["What's for Lunch? It's in the Bag,"](https://store.extension.iastate.edu/product/13900) <https://store.extension.iastate.edu/product/13900>

## After-school Hummus

Serving Size: 2 Tbsp | Serves: 8

### Ingredients:

- 1 can (15 ounces) reduced-sodium garbanzo beans (chickpeas)
- 2 medium garlic cloves, minced, or 1/4 tsp garlic powder
- 1 1/2 Tbsp lemon juice
- 1 tsp ground cumin
- 1 Tbsp oil (vegetable or olive)
- 1/8 tsp ground black pepper
- 1/2 cup plain nonfat yogurt

### Directions:

1. Use a blender or food processor. Combine garbanzo beans (chickpeas), garlic, lemon juice, cumin, oil, and pepper.
2. Blend on low speed until beans are mashed.
3. Stir in yogurt with a spoon.
4. Place the finished product into an airtight container.
5. Refrigerate for several hours or overnight, so the flavors blend. Use within 2–3 days.
6. Serve with whole grain pita chips, crackers, or vegetables such as carrots and celery. Use as a substitute for mayonnaise on a chicken sandwich or a turkey wrap.

### Nutrition information per serving:

70 calories, 3g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 80mg sodium, 9g total carbohydrate, 2g fiber, 2g sugar, 3g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu)



[www.extension.iastate.edu](http://www.extension.iastate.edu)

## Don't Forget about Lunch-box Food Safety

Whether you are back to school or work, packing a meal can have some amazing benefits! Packed meals may be lower in calories and provide more essential nutrients, such as fiber, protein, vitamins, and minerals. Packing meals also saves money. It is important to remember lunch-box food safety when packing your meal. Follow these tips to prevent being ill when eating on the go.

- Keep cold food below 40°F and hot food above 140°F.
- Use an insulated lunch box. Some food is safe without a cold source, like whole fruits and vegetables, canned meat and fish, and peanut butter.
- For perishable foods, keep foods cold by including at least two cold sources. Use two frozen gel packs or combine a frozen gel pack with a frozen juice box, fruit cup, or frozen bottled water. Place cold sources on top and bottom of perishable food items, including lunch meats, eggs, cheese, yogurt, and milk.
- Clean your lunch box or bag regularly to avoid bacteria growing on the sides.

Source: [USDA Food Safety and Inspection Service](http://www.fsis.usda.gov/), [www.fsis.usda.gov/](http://www.fsis.usda.gov/)

## Setting SMART Physical Activity Goals

With fall approaching, the new schedule for school and work has likely changed your routine. However, that doesn't mean your exercise routine has to go. To keep yourself accountable, set a SMART goal for fall.

- **Specific**—This is the “what” of your goal, describing exactly what you're going to do and where. For example, “I will walk outside more often.”
- **Measurable**—How can you measure your goal each day, month, or year? Add specific units and numbers to your goal. “I will walk outside 30 minutes a day.”
- **Attainable**—Is this goal attainable for you? Think about your current fitness level and the competing demands on your time.
- **Relevant**—Is this goal meaningful and beneficial to you?
- **Time-bound**—What is the time frame of your goal? How many days a week, and for how long? For example, “In the month of September, I will walk outside for at least 20 minutes at least three days a week.” At the end of your time frame, you can evaluate your success and make a new SMART goal.



Source: [WebMD](http://www.webmd.com/), [www.webmd.com/](http://www.webmd.com/)