

# Lunch Packing 101: Make the Most Of The Mid-Day Meal

(NAPSA)—Whether planning for a sit-down meal in the school cafeteria or a lunch-on-the-go, packing a child's lunch can take about as much preparation as the shuttle launch.

And though classic favorites are a must for parents, the key ingredient for kids is recognizing that basics don't have to be boring—and parents should be realistic about what children will and will not eat. Try to spice things up with a little creativity and the help of Tupperware® products. Following are some stress-free lunch-packing tips guaranteed to fill kids with tasty anticipation for the mid-day meal:

## Count the Benefits

Lunch is an important time for kids to refuel after a busy morning filled with classes, recess and socializing in the hallways. That's why good nutrition is essential for this mid-day meal.

Experts recommend using at least three different types of food from the five food groups (dairy, fruits, vegetables, protein and bread and grains), to ensure kids will have the opportunity to rest their minds and recharge for a productive afternoon.

## Make it Quick and Easy

For kids, packaging lunch is almost more important than the food inside. Add a little kid-pleasing pizzazz to school lunches by thinking beyond the brown bag and finding more creative storage solutions. Tupperware's new Picture Perfect Lunch Bag, available in fun and fashionable colors for boys and girls, is a great way to brighten lunch.



## Keep it Fresh

To preserve freshness and keep food (that would normally be refrigerated) cool, pack lunch in an insulated container with ice packs or frozen juice boxes.

## Use Imagination

Involve kids in the lunch-packing process by having them craft a grocery list of their favorite foods. Then use your imagination, by adding a few inventive snacks, the latest in juice boxes and his/her favorite sandwich.

The Tupperware® Lunch 'N Things container is always a favorite for parents—and kids. With smartly designed compartments that fit a sandwich, a juice box and two snacks, these containers snap shut and go without spills or mess. Now the only thing children will be interested in trading are baseball cards.

With careful planning and a personal touch, parents can prepare a simple, fun and healthy mid-day meal in a container that will survive the wear and tear of the school year. To obtain more information about Tupperware® products, call 1-888-919-8099 or visit [www.tupperware.com](http://www.tupperware.com).