

NUTRITION NEWS & NOTES

Online Resource Provides Tips On Packing Healthy Lunches And Much More

(NAPSA)—Finding creative and healthy lunch box ideas doesn't always have to be a struggle.

VeryBestKids.com, an award-winning Web site from NESTLÉ®, was recently updated to feature new content concerning the physical, emotional, educational and nutritional development of children. In addition to tips for packing a nutritious lunch kids will enjoy, the site offers expert advice, helpful articles and nutritional ideas for keeping families healthy.

The online resource continually works with children's experts to provide parents with up-to-date and helpful information for the overall health and well-being of children, including nutritional information.

"This year, we have expanded the Web site, making it an information haven and online resource for parents," said Todd Manion, director, VeryBestKids.com. "Because nutrition is a growing concern among families, it's our goal to provide parents with valuable information and tools that positively influence their children's eating habits."

A variety of tasty and healthy ideas to help spice up your child's lunch box can be found on the site.

The Chicken or the Egg?

Bake a chicken in the beginning of the week, shred and slice it to use for lunches the rest of the week. This is a lot healthier than using processed lunchmeats, which



New meal alternatives provide a healthy and delicious lunch for kids.

contain nitrates and should be given sparingly to young children. Or, boil a few eggs and create egg salad sandwiches. Try adding grated vegetables to the egg salad for an extra healthy kick.

Take a Dip

Give your children delicious dips and nutritious dippers. Try dips such as prepared hummus, honey mustard or plain yogurt drizzled with honey. Nutritious dippers include mini carrots, celery sticks, red pepper strips, broccoli florets, strawberries, graham crackers and wheat crackers.

PB&J Your Way

For a new twist on this lunch-time classic, trade in the jam for new ingredients:

- Sliced fresh strawberries
- Sliced apples or pears
- Banana and honey
- Shredded carrots with raisins

For these and other creative ideas, visit VeryBestKids.com year-round for new and fresh ideas.