



## Hello, September!

**From kindergarten to boardroom, health-conscious eaters brown-bag it for lunch. Homemade doesn't have to be boring! Here are some ideas to spice up your lunch:**

- Plan and pack the night before. Pack foods that are easy to grab and go. Apples with nuts, prepackaged salad and leftover chicken breast, celery with peanut butter, or carrots and hummus are some examples.
- Stay cool. After about 4 unrefrigerated hours, deli meats, poultry, fish, and dairy begin to turn bad. Cold gel packs help keep foods fresh longer at work and school.
- Snack attack? Swap out ho-hum potato chips for something healthier. Try popping popcorn using coconut oil at home. For a yummy alternative, add Parmesan or cayenne pepper. Experiment with your favorite spices, such as cinnamon with apple pie spice; even drizzle a bit of dark chocolate for a delicious treat!
- Avoid last-minute fast-food runs. Leftovers take no prep at all, but if you find yourself pressed for time, stop at your local grocery store for the salad and soup bars, rotisserie chicken, and even sushi—all to-go!

**Say goodbye to bland lunches and hello to healthy meals!**