



Healthy Living at Hannaford

Beyond the Peanut Butter and Jelly Sandwich

Looking to pack a healthy lunch for your camper this summer? Hannaford has what you need! Camp season is upon us. You want to send your kids off to camp with something both nutritious and delicious (after all, you do want them to eat it!) in their lunch box.

Here are some tips to help you give them the fuel they need!

- Include them in the shopping. If they help pick the food for their lunch, they are more likely to eat it. Worried they will make bad choices? Give them the task of finding foods that get 1, 2 or 3 Guiding Stars!
- Pack a lunch and two snacks to give them the energy they need to get through the day.
- Keep it cool by adding a frozen 4-ounce juice box to their insulated lunch bag. It will thaw by the time they need it but will help keep the food chilled and safe.
- Always include something you know they love (i.e., will eat).

Easy Lunch Ideas

- Scrambled egg sandwich with cheese on whole-wheat pita bread, English muffin or flatbread
- SoyNut Butter or SunButter with banana slices and honey on whole-wheat bread
- Bean cheese spirals
- Turkey wrap made with Hannaford Taste of Inspirations™ sliced turkey, Hellmann's olive oil mayo, and Cabot cheddar cheese slices on a whole-wheat wrap
- Leftover pizza

Serve any of the above with grapes, cherry tomatoes, carrot slices, or other fruit or veggie.

Great Snack Choices

- Mott's applesauce (cup)
- Fresh fruit (apples, oranges and bananas are easiest)
- Cabot cheese slices with Kashi TLC crackers
- Kashi TLC bars (soft-baked bars are best for peanut-free camps)
- Dole fruit cups and snacks
- Hard-boiled eggs
- Pretzels
- Trail mix (make your own with raisins, cranberries, Kashi Heart to Heart cereal, and [if allowed] almonds or peanuts)
- Carrot sticks and hummus

Best Beverage Choices

- Water (always a great choice - let your child choose his or her water bottle!)
- Low-fat milk (vacuum-packed works well)
- Mott's 100% juice boxes (4 oz.)



Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.