

Healthy Lunches

Use the sites below to show youth healthy options for lunches. If you are able, try to make some of the meals or consider them for the activity in Chapter 9: Healthy Chefs.

- Food Network Kid Approved Lunches - <http://www.foodnetwork.com/recipes-and-cooking/15-kid-approved-lunches/pictures/index.html>
- Super Healthy Kids Lunch Ideas - <http://www.superhealthykids.com/healthy-kids-recipes/category/lunch.php>
- Spoonful.com 30 Healthy Lunches Kids Will Love - <http://spoonful.com/recipes/healthy-lunches-kids-will-love>
- Cooking Light Lunch Box Ideas - <http://www.cookinglight.com/food/lunch-box-recipes-kids-00412000072333/>
- HealthLine 7 Lunch Ideas for Kids - <http://www.healthline.com/health-slideshow/healthy-lunch-ideas-for-kids#promoSlide>
- Good Housekeeping 30 Ideas for School Lunches - <http://www.goodhousekeeping.com/recipes/healthy/ideas-kids-school-lunches>