



HEALTHY TIMES

Issue 30 | August 2018



Beth Blessing, MSN

Chief Nutrition Officer,
Green BEAN Delivery

Facebook: @OrganicBeth

Healthy Lunches

It's August and that means kids start heading back to school. If you are a parent, there is a good chance you are looking for healthy lunch ideas for your kids. As a mom, I'm thinking what foods my kids are going to eat that taste good, fill their bellies, and focus their minds for learning.

It doesn't matter if you're a kid or an adult, you need healthy, nutrient dense food to get you through the day. Lunch is often over looked and can easily become our most unhealthy meal of the day. Poor planning leads to throwing whatever you have in the fridge into a lunchbox for your kids, or a run to the drive-thru for you.

Use these 5 tips to help pack healthy lunches for you and your family!



- 1 Prioritize:** Packing lunches is hard to prioritize, and you can get burned out. I know I do as the school year progresses, but it's a high priority that my family eats healthy, so it's what pushes me to keep doing it.
- 2 Plan:** Planning is a key to your success. When doing your Green Bean order, think about your week ahead, and build up your order with foods you love for lunch. For some, scheduling a prep day is key to their success. They use this day to prep meals or foods to be packed into lunches. Others plan the night before by either packing lunches or making a list to pack from in the morning. Everyone is different when it comes to how they plan or how much time they need to organize themselves, but those that are successful in packing healthy lunches have one thing in common—they execute their plan.
- 3 Stock-up:** Loading up your fridge with healthy foods is a sure-fire way to pack them into your lunch. Fresh, seasonal fruits and vegetables are one of the cornerstones to any healthy lifestyle. If you are strapped on time and looking for shortcuts to your prep, try pre-washed salad mix, salad kits, baby carrots, mini-sweet peppers, and cut fruit and veggies. Other healthy lunch additions that are great to stock-up on are hardboiled eggs and oven-roasted nuts and seeds.
- 4 Utilize Leftovers:** Making large batches of soups, rice and beans, or doubling up on what you make for dinner is one of the easiest ways to eat healthy for lunch. My kids love soup for lunch, so I make a big batch for dinner and then store in individual containers. It makes it so easy to pack into lunches throughout the week. Double up on your dinner meal and when you are cleaning up, just pack right into your lunch containers to eat the next day. It saves time and money.
- 5 Convenience Foods:** Take advantage of products that are already individually wrapped or conveniently packaged, like cheese sticks, mini yogurts, nut/seed butter packets, and applesauce. These are easy to toss into lunchboxes! Also, foods like hummus, canned tuna, and frozen soups are already prepared for you and can easily be incorporated into your lunch meal.



RECIPE Chicken Noodle Soup

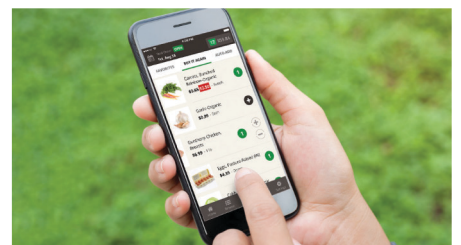
Ingredients

- 1 tablespoon butter
- 1 large onion, small dice
- 3 cloves garlic, minced
- 1 teaspoon salt and freshly ground pepper
- 3 medium carrots, small dice
- 3 celery stalks, small dice
- 2 airline chicken breasts
- 2 quarts chicken or turkey bone broth
- 2-4 ounces noodles of choice (we like to use fusilli and my kids like it extra noodle-y)
- ¼ - ½ cup minced parsley and/or dill (we like ours with lots of herbs)

Directions

In a large stock pot, melt the butter over medium heat. Add the onions, garlic, salt and several turns of fresh pepper. Sauté for a couple minutes then add the carrots and celery. Continue to sauté for a couple more minutes. Add the chicken and bone broth and bring to a boil then reduce to a simmer. Cook for 30 minutes, skimming any foam that rises to the top. Carefully remove the chicken to a cutting board and allow to cool. Separate the meat from the skin and bones and add the meat back to the pot. In a separate pot cook the noodles until tender. Drain the noodles then add to the soup pot along with the herbs. Allow to cook an additional 2-3 minutes. Season with salt and pepper and then serve.

Serves: 8



**TRY OUR FREE
MOBILE APP!**

FOLLOW US ON SOCIAL MEDIA
@greenbeandelivery

Keep up with what's new, see weekly sales,
and learn more about our vendors!

Tour the store and sign up at:
greenbeandelivery.com

Your Green Bean Delivery Shopping List!



Blueberries



Cheese Sticks



Cottage Cheese



Salad Kit



Mini Yogurt



Canned Tuna



**Crazy Monkey
Granola**



**Justin's
Snack Packs**



Applesauce