

Pointers For Parents

Organic Foods Get High Grades In School Lunchboxes

(NAPSA)—As kids return to the classroom, parents once again face the challenge of deciding what to pack in their lunchboxes. With more parents realizing that diet affects children's overall health and well-being, organic foods and snacks are more popular than ever. According to a 2005 study by Mintel, more than 120 organic snacks will be introduced this year in the U.S.

Further, in a recent Opinion Research Corp. survey conducted on behalf of Horizon Organic, the nation's top producer of organic dairy products, one-third of parents said they are purchasing more organic foods than they did a year ago. Author and registered dietitian Julie Burns considers organic snacks a healthy choice for lunchboxes. "Eating habits are formed during childhood, so what's in a child's lunchbox is important. Moms love organic choices because they're healthy and nutritious and produced without the use of antibiotics, added growth hormones or dangerous pesticides," says Burns.

According to Burns, "Organic milk is important because it provides all the nutrients and vitamins you want from milk without the added chemicals you don't. Horizon Organic offers flavored single serve milks which is a great way for parents to help kids to get the calcium they need."

As you begin to incorporate organics into your child's school day, try these tips:



- Buy single-serve, organic milk products. The packaging allows for easy storage and portion control. And the delicious flavors make it easy to get kids to eat well.

- Prepare sandwiches with organic cheese for lunch.

- Incorporate organic fruits and vegetables for a balanced diet.

- Offer children organic cheese sticks and organic yogurt as snacks.

How Do You Know When You Are Buying Organic?

Look for the "USDA Organic" seal on organic products. Organic farmers must meet strict rules that govern how a product is grown and processed. A product is certified as "organic" only if produced under specific U.S. Department of Agriculture standards.

To learn more about tasty and kid-friendly organic products, visit www.horizonorganic.com.