



## Tips On Packing School Lunches They'll Love

(NAPSA)—What your child eats for lunch matters, says the Centers for Disease Control and Prevention (CDC). Here are five hints that can help you provide your kids with the midday meal they need to succeed in school:

**1. Store smart:** Insulated lunchboxes or bags keep cold food cold and hot food hot, so germs can't multiply, says the CDC. If you use regular lunchboxes or paper bags, follow these Cool Rules:

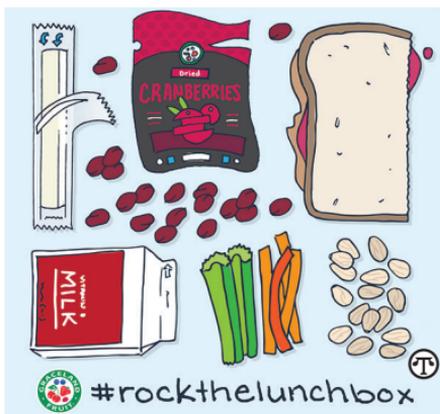
- Some food is always good to go: fruits (especially dried fruit), vegetables, bread, crackers, peanut butter, jelly, pickles, nuts, pretzels, trail mix.
- Put an ice pack or frozen juice box in a plastic bag to make the lunch bag a minicooler. The drink should thaw by lunchtime.

**2. It's a wrap:** Keep your food wrapped up and wrap each part separately so they don't leak onto each other. Use zipper plastic bags or plastic containers made for carrying food, or get one-serving packs.

**3. Jazz up lunch:** Use different kinds of breads, such as whole-grain pita pockets, tortilla wraps, raisin bread or English muffins.

**4. Send fruits and vegetables:** Just be sure to wash them well. If they're peeled, wrap them up and chill them. Dried fruit, enjoyed in trail mix or right out of the bag, can be a good alternative, especially now that you can get dried organic cranberries and cherries.

Organic farming practices are designed to encourage soil and water conservation and reduce pollution. The organic produce from Graceland Fruit, where they believe everyone deserves access to the taste and wholesomeness of fruit all year long, includes cherries and cranberries.



**Adding a bag of organic dried cherries or cranberries to their lunchboxes can help sustain your children through the afternoon.**

**5. Try this treat for a delicious dessert:**

**Easy No-Bake Granola Bars**

*Prep: 10 minutes*

- 2 cups old-fashioned rolled oats
- 2 cups crushed pretzels
- ½ cup Graceland Fruit Organic Dried Cherries
- ½ cup Graceland Fruit Organic Dried Cranberries
- ½ cup mini dark chocolate chips
- 1 cup unsweetened peanut butter
- ½ cup brown rice syrup
- 1 teaspoon vanilla extract

Combine oats, pretzels, dried fruit and chocolate chips and mix. Add peanut butter, brown rice syrup and vanilla extract; mix until fully combined. Pour granola mix into a lined baking dish and press down into one even layer. Pop in the freezer for 30–45 minutes. Remove and cut into bars, wrap each individual bar and return to the freezer.

**Learn More**

For more recipes and further facts on premium dried fruit, go to [www.gracelandfruit.com](http://www.gracelandfruit.com).