

## Ask the Expert: How can I pack a budget-friendly, healthy lunch for my child?

Written by Sarah Crulcich, Post-Baccalaureate Researcher in Nutrition Science



Lunch is an important opportunity for children to re-fuel with the energy and nutrients they need to finish the school-day. Whether you have children of your own or want to help others, keeping these concepts in mind can help you select a budget-friendly and healthy lunch.

First, consider what else the child eats or will eat throughout the day. A healthy daily diet should include a variety of fruits and vegetables, whole grains, lean protein, and calcium-rich dairy foods.

Low-fat cheese, reduced sugar or unsweetened yogurt, and low-fat milk supply calcium to help build strong bones and teeth. Look for added Vitamin D, which aids in absorption of calcium and phosphorus.

Low-sodium pretzels and crackers from whole grains offer carbohydrates, which provide energy for physical activity. Vitamin E is an antioxidant found in whole grains that protect cells from damage while fiber keeps the digestive tract healthy.

Lean poultry, seafood, and lowfat dairy products supply protein to build, maintain, and help repair body tissue.

Fruits and vegetables supply fiber, energy, and many micronutrients that promote overall child health. Eating fruits and vegetables is especially important for children because they are developing food preferences that will continue to adulthood.

Below are some suggestions to include in a child's lunch:

- Low-fat yogurt with banana slices and almonds
- Dry roasted garbanzo beans (see Eating Right for a recipe)
- Low-fat cottage cheese with tomatoes, and whole grain crackers
- Romaine lettuce salad with apples, nuts, and grapes
- Cold whole wheat pasta salad with tomatoes, cheese, and spinach

The storage conditions of a child's packed lunch are also important to consider. Many foods are perishable, and unsafe to eat when

not refrigerated within two hours. Read this month's food safety section for more information about lunchbox food safety.

Find more healthy lunch options at: <http://www.whatscooking.fns.usda.gov/> and ideas for healthy snacking for kids at: <http://www.purdue.edu/newsroom/releases/2014/Q3/kids-snacking-tidbits-from-nutrition-expert.html>.

**Sources:** <http://www.purdue.edu/newsroom/releases/2014/Q3/kids-snacking-tidbits-from-nutrition-expert.html>; <http://www.eatright.org/kids/article.aspx?id=6442464834>; <http://www.eatright.org/kids/tip.aspx?id=6442464835>; <http://www.ianrpubs.unl.edu/epublic/live/g1086/build/g1086.pdf>; <http://www.cdc.gov/bam/nutrition/index.html>; <http://www.eatright.org/Public/content.aspx?id=6796>

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## Food Safety:

### 5 Tips for Keeping Child Lunchboxes Food Safe

Written by Amanda Crawford, Undergraduate Student in Nutrition Science



- Insulated lunch boxes are a great way to protect kids from foodborne illness. Perishable foods can become unsafe to eat after only two hours at room temperature. Using an insulated lunch box will keep the temperature down and lengthen the time that foods stay safe.
- Remember to clean your child's lunch box with warm, soapy water before using.



- Always wash your hands before working with food. Use warm and soapy water and rinse for at least 20 seconds, or the amount of time it takes to sing the "Happy Birthday" song twice.
- Don't forget to remind your child to wash his or her hands before eating lunch. Placing moist towelettes or hand sanitizer in your child's lunch box is another way to help them remember!



- Freezing juice boxes and using them as freezer packs is a great way to keep food cold while not taking up extra space in your child's lunch box!
- Use a thermos for foods that need to be hot, such as soup.



- Although it's tempting to save uneaten food for a snack later on in the day, perishable items should be thrown away after lunchtime.
- Provide your child with a non-perishable snack food like a low-sugar granola bar, popcorn, whole fruit and vegetables that stay safe without needing to be kept cool.



- Packing lunches together in the morning is a great way to spend time with your children and a great opportunity to teach them about eating healthy foods and food safety.

Written by Sasha Harrison, Undergraduate Student in Dietetics and Nutrition, Fitness and Health

Garbanzo beans, also known as chickpeas, are low-cost, nutritious, and have a long shelf-life. Garbanzo beans are packed with protein and are a good source of fiber. Just one cup of cooked garbanzo beans has about 15 grams of protein and 12.5 grams of fiber. Increasing the fiber in your diet will help you manage your weight and feel full longer. Choosing legumes, like garbanzo beans, as a protein source for a meal is a great way to cut back on saturated fat. In addition, garbanzo beans have several vitamins and minerals including zinc, iron, folate and potassium. These micronutrients promote a healthy immune system along with many other health benefits.



Dried and canned garbanzo beans have a long shelf-life; they will stay food safe if they are stored in a cool, dry place.

Follow the first recipe below to cook dried garbanzo beans. Follow the second recipe to prepare cooked garbanzo beans. Dry roasted garbanzo beans can be enjoyed by themselves, or added to dishes like salads. Enjoy!

**Sources:** <http://ndb.nal.usda.gov/ndb/foods/show/4771>; <http://extension.usu.edu/foodstorage/html/dry-beans>; <https://foodhero.org/recipes/dry-roasted-garbanzo-beans>; Gropper, S. A. S., Smith, J. L., & Groff, J. L. (2013). Advanced nutrition and human metabolism. Pgs 344, 481, 500. United States: Wadsworth/Cengage Learning.

## How to cook dried Garbanzo Beans

- Rehydrate dried garbanzo beans by soaking them overnight in 3-5 cups of water. The longer they soak the shorter the cooking time!
- Garbanzo beans cook best when they have 8 to 12 hours in room temperature water.
- Simmer garbanzo beans for 2-4 hours on medium-low heat.
- Season and serve.



**Recipe source (above):** <http://extension.usu.edu/foodstorage/html/dry-beans>

**Recipe source (right):** <https://foodhero.org/recipes/dry-roasted-garbanzo-beans>

\*Underlining denotes a TEFAP commodity food ingredient.

## Dry Roasted Garbanzo Beans

### Ingredients

- 2 cans (15 ounce) garbanzo beans or 3-4 cups cooked garbanzo beans
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon garlic powder or
- 4 cloves of garlic
- 1 teaspoon onion powder
- 1 teaspoon dried parsley flakes
- 2 teaspoons dried dill weed
- cooking spray

### Directions

1. Preheat oven to 400°F.
2. If using canned garbanzo beans, drain garbanzo beans in a strainer and rinse with cool water. Shake strainer to help remove water. Dry beans with paper towels to prevent “popping” in the oven.
3. Mix together salt, pepper, garlic powder, onion powder, parsley, dill weed, and garbanzo beans in a small bowl.
4. Lightly spray a rimmed baking sheet with cooking spray. Pour garbanzo beans onto baking sheet and spread in a single layer.
5. Lightly spray the tops of beans with cooking spray. Sprinkle seasoning mix over the beans. Shake pan to help distribute the seasoning and make sure beans are in a single layer.
6. Place pan on the lowest rack in the oven. Cook 30-40 minutes. Gently shake and rotate pan every 10-15 minutes to make sure nothing burns. Beans are done when crispy and brown. Let cool before serving.



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# Nutrition Facts Label: Proposed Updates

Written by Sarah Crulich, Post-Baccalaureate Researcher in Nutrition Science

The Federal Drug Administration (FDA) has proposed recent changes to the Nutrition Facts labels. Two suggestions are to include the amount of “added sugars”, and remove “calories from fat.” Another proposed change is to alter the way serving sizes are calculated and refresh the design to highlight the calorie and serving size information. Other proposed ideas are to include the amount of potassium, vitamin D, calcium, and iron in the nutrition label. The changes are currently open for public comment and debate.

Commonly asked questions and answers can be found at: <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm#QA>. You can also view comments the public made on the proposed changes in the Docket Folder link featured on the right side of the website.

Source: <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm#Summary>

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving		Calories from Fat 72	
<b>Calories</b>	230		
% Daily Value*			
<b>Total Fat</b>	8g	<b>12%</b>	
Saturated Fat	1g	<b>5%</b>	
Trans Fat	0g		
<b>Cholesterol</b>	0mg	<b>0%</b>	
<b>Sodium</b>	160mg	<b>7%</b>	
<b>Total Carbohydrate</b>	37g	<b>12%</b>	
Dietary Fiber	4g	<b>16%</b>	
Sugars	1g		
<b>Protein</b>	3g		
Vitamin A		10%	
Vitamin C		8%	
Calcium		20%	
Iron		45%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Current Label

Nutrition Facts	
<b>8 servings per container</b>	
Serving size 2/3 cup (55g)	
Amount per 2/3 cup	
<b>Calories</b>	<b>230</b>
% DV*	
<b>12%</b>	<b>Total Fat</b> 8g
<b>5%</b>	<b>Saturated Fat</b> 1g
	<b>Trans Fat</b> 0g
<b>0%</b>	<b>Cholesterol</b> 0mg
<b>7%</b>	<b>Sodium</b> 160mg
<b>12%</b>	<b>Total Carbs</b> 37g
<b>14%</b>	<b>Dietary Fiber</b> 4g
	<b>Sugars</b> 1g
	<b>Added Sugars</b> 0g
	<b>Protein</b> 3g
<b>10%</b>	<b>Vitamin D</b> 2mcg
<b>20%</b>	<b>Calcium</b> 260mg
<b>45%</b>	<b>Iron</b> 8mg
<b>5%</b>	<b>Potassium</b> 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.	

Proposed Label