



# BUILD A BETTER LUNCH BOX

with Chef Ann Cooper—*The Renegade Lunch Lady*

**Lesson 1:** Choose something from each category.

**Lesson 2:** Be mindful of portions.

**Lesson 3:** Include as many colors as possible in every lunch!

## PROTEIN

nut butter (peanut, almond, soy)  
cheese  
hard-boiled egg  
neufchâtel or fresh goat cheese  
cottage cheese  
other cheeses  
beans  
edamame  
hummus  
tofu  
seitan  
tempeh  
seafood  
wild caught tuna or salmon  
turkey or chicken  
lean beef  
ham  
nuts (cashews, pecans, walnuts, almonds)  
sunflower seeds

## WHOLE GRAINS

whole-grain sandwich bread  
whole-grain pita bread or chips  
whole-grain tortilla  
whole-grain English muffin  
whole-grain chips or crackers  
whole-grain pasta or couscous  
brown rice, quinoa or millet  
whole-grain muffin  
granola  
corn

## HEALTHY FATS

almonds or almond butter  
walnuts  
avocado  
wild-caught salmon  
flax oil  
flax seed  
olives  
extra virgin olive oil

## VEGETABLES

green leaf lettuce  
greens  
carrots  
jicama  
green beans  
celery  
avocado  
bell pepper  
olives  
potatoes  
broccoli  
snap peas  
asparagus  
artichoke  
spinach  
sweet potato  
cabbage/slaw  
peas  
eggplant  
onion  
cucumber  
tomato (technically a fruit)  
zucchini  
squash  
cauliflower  
100% vegetable juice

## FRUITS

apple  
banana  
plum  
nectarine  
peach  
orange  
apricot  
kiwi  
melon  
grapes  
strawberries  
blueberries  
raspberries  
raisins  
dried fruit  
100% fruit juice  
100% fruit spread

## CALCIUM

yogurt  
cheese  
tofu  
dark leafy greens  
almonds or almond butter  
beans  
hummus  
milk or fortified soy, rice or almond milk  
100% orange juice (fortified)

Chef Ann Cooper, the Renegade Lunch Lady, has been transforming school food programs from Harlem to Berkeley with wholesome, nutritious, delicious meals for kids. Learn more at [wholefoodsmarket.com/backtoschool](http://wholefoodsmarket.com/backtoschool)



# OUR LUNCH REVOLUTION SHOPPING LIST

## BODY CARE

## AT WHOLE FOODS MARKET®

value-priced premium hair care	meets our Premium Body Care standards
petroleum-free lip balm & gloss	made with beneficial soothing moisturizers
natural deodorant	no aluminum chlorohydrate
value-priced premium shower gel	meets our Premium Body Care standards
mineral makeup	no animal testing and with beneficial components
facial & acne skin care	without unnecessary harsh synthetic ingredients
backpack & gym-bag sizes	make it easy to “go natural” anywhere
oral care	no artificial colors, flavors or preservatives
shaving & waxing supplies	the most eco-friendly, skin-friendly available
value-priced premium body lotion	meets our Premium Body Care standards
organic cotton balls	and cotton swabs made with organic cotton

## VITAMINS & SUPPLEMENTS

## AT WHOLE FOODS MARKET®

gummy or chewable vitamins	no artificial colors & flavors
multivitamins for teens	again, no artificial colors & flavors
omega-3 EFAs & DHA	tested for purity & heavy metals
brain support	science-based herbs & supplements
immune system support	help bodies of all sizes stay healthy
nutritive fizzy drink powders	fun way to get vitamins without artificial ingredients
protein shake mixes	supplementary protein for snack or breakfast

## OTHER GOOD STUFF

## AT WHOLE FOODS MARKET®

reusable water bottles	save money & protect the planet
reusable food containers	ditto!
A Better Bag	reusable lunch-size tote bag for 79¢
“green” cleaning supplies	for the eco-friendly dorm room
school supplies	carefully selected for lower eco-impact
crayons, play dough, paints & glue	made with natural, non-toxic materials
Whole Foods Market® gift card	buy it online!



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