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## Brown bag it - for your sake and theirs!

By *Katie Mulligan*



Schools want parents to think they are on board with fighting childhood obesity. They form wellness committees, hold health fairs, and improve the snacks in vending machines—all of which are wonderful improvements to our children's school environment, right? Yeah, that's what I thought too, until a mother came into my office last week with the lunch menu from her kids' school, and what a shock. I had just finished explaining that her six-year-old daughter needs about 1,200 calories a day for adequate growth, and the school lunch that was highlighted in the "Nutrition Corner" of the menu had 746 calories! 746 calories in a single meal provides that child with 62 percent of her daily calorie needs, and she still needs to eat breakfast, snacks, and dinner. No wonder we are facing a childhood obesity epidemic.

So, what can you do, as a parent, to make sure your child doesn't become a statistic? Prepare their lunch at home because the less you rely on school lunches to nourish your children, the better off they will be. Brown-bagging it, for children and parents alike, is the best way to ensure a nutritious and light lunch, and putting together a well-balanced lunch takes just a little bit of know-how. Ideally, every meal you serve your children should include at least three different food groups. You can choose from grains, vegetables, fruit, dairy, and meat and beans to pull together a balanced and calorically appropriate lunch for your children.

### 2. Many Thanks for the Post!

Parents can pack a Healthier Lunch Blind Folded when compared to what the options are in most school cafeterias. LuNcHoLOgy helps with the packing presentation and saving the environment. Our Bags are made from post consumer waste and recycled paper and printed with soy based ink. One Less Plastic Lunch Box in a Land Fill.

As you probably guessed from this post, this is KT from LuNcHoLOgy, continuing to burgeon this family business against many obstacles,...namely the economy. I like to think, LuNcHoLOgy Lunch Bags are one of those last affordable luxuries that make it fun and easy to connect with your kids. Some of our Factoids and Silly pictures even make their way back home, after school, as Dinner-Table-Talk.

To all of you fellow Foodies and Super Moms and Dads, please enjoy our Back-To-School Coupon, to save some cash on your purchase. Share it with Everyone! The Coupon Code BTS2008 will give you 10% Off Your Entire Purchase and a FREE FedEx Ground Up-Grade on your shipping, Now through October 31st, 2008.

Visit [www.lunchology.com](http://www.lunchology.com) and check out our New Soccer, Outer-Space and Dinosaurs Sets. Don't forget our Happy Halloween Bags,...perfect to pass out those Little Goblin's Treats either at your door or in your kid's classroom.

Again, thanks Ms. Katie Mulligan for the Shout Out. I hope our Paths Cross and we can net-weave for each other.

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Comment by [KT From LuNcHoLOgy](#) — 10.6.2008 at 2:15 pm