



CORPUS CHRISTI PRODUCE COMPANY, INC.

August 2018

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August marks the end of summer vacation. It is back to school time, and families are preparing for the upcoming school year. Shopping for backpacks and school supplies is on the agenda, as well as stocking up on juice boxes, sandwich bags and other lunch box essentials. Making sure you and your family eat a healthy lunch is important. Everyone needs the proper fuel to keep their mind and body going throughout the day of work, school and play.

School Cafeterias work hard to provide their students with delicious and nutritious lunches, but some days your child may want to bring a lunch. You want to pack your family more nutritious lunches to get them through a full day, but the trick is getting them to want to eat it. When it comes to school age children, this can be tricky. You may not have the pickiest of eaters, but like most young kids, they all have their own opinion about some healthier lunch items. It also doesn't help when they see other classmates munching on candy and chips or drinking soda. So how can one get their child to gobble up the goodness they pack for them? By making it fun!

Bento style lunch boxes are a great way to not only fill a lunch with a variety of foods, it also makes you conscious of proper portion sizes. Now, there are a TON



of back to school bento box recipes available on the internet. A simple Google or Pinterest search will lead you down a rabbit hole of gorgeous Bento Box creations—but not everyone has the time or resources to dedicate to these elaborate lunches. And if it is made up completely from items your child refuses to eat...they probably still won't eat it, even if you turn it into a work of art. One suggestion is to make a list of items you know your kids enjoy eating (i.e.: ham and turkey deli meat, cheese sticks, baked crackers, peanut butter, carrots with low-fat dressing, pizza, pasta salad, fruit) and then try and find ways to make each of these into a healthy lunch that they can enjoy at home or at school. Incorporate as much color as possible. Bright colorful lunches are not only fun and interesting – they are packed with vitamins and nutrients as well.

LETTUCE BE YOUR PRODUCE COMPANY

“Eating the Rainbow” every day is a good philosophy to have, and a great way to make sure you get your daily fruits and vegetables in. Vibrant Red, Yellow and Orange Bell Pepper sticks provide a great crunch to a lunch (skip the chips). Strawberries and Blueberries make a delicious sweet treat (skip the candy).

Bento style lunch boxes also allow you “meal prep” ahead of time, which is amazing for working families who may have limited time getting out the door each morning. Most children love to “help” in the kitchen, so in order to try and get them more excited about their “healthy” lunches, try to let them help you create them. Not only will you get to spend some time together making wonderful memories, they may be more willing to eat something they helped create. Turn that turkey sandwich into a fun treat. There are a variety of sandwich stamps and cutters in all kinds of kid friendly shapes (cookie cutters



work as well). Take some time on a Sunday to work on your lunchbox masterpieces.

Another great way to get your school aged child excited about healthier options is to take them shopping with you. Kids love to feel like they are participating in decision making. Allow your child to help make the shopping list, select items at the store, and even help with checkout. This is a great opportunity to introduce basic budgeting skills as well as teaching them about making more nutritional choices. These are lessons they can carry with them throughout their lives.

“Recipe of the Month” EASY AND TASTY BACK TO SCHOOL BENTO BOX



- 1) Favorite Pita or Naan Bread sliced
- 2) Sliced Veggies of choice (Red Bell Pepper and Cucumber have great crunch)
- 3) Fruit of Choice (Red Grapes hold up well in lunches and are sweet)
- 4) Favorite Hummus (Greek Yogurt, Fat-free Ranch are also great choices)
- 5) Cheese and or Meat of choice (deli slices and cubed cheeses work well)

BUY LOCAL! SUPPORT LOCAL!



A Tradition of Excellence

We are proud to announce that Corpus Christi Produce Company, Inc. is a BBB Accredited Business.

We work hard to provide the best service and product to our customers, and continue to strive for excellence and to maintain our A+ rating.

It is our pleasure to serve the Coastal Bend and surrounding areas. We appreciate your business and trust.

Let us know how we can help you.

— WELCOME — BACK TO SCHOOL TEACHER APPRECIATION FRUIT GIFT BASKETS



Corpus Christi Produce Co., Inc. would like to wish all teachers, including one of our favorite teachers, Mrs. Perabo, a great school year. Mrs. Nina Perabo teaches Kindergarten at Calk-Wilson Elementary in Corpus Christi.

Show your teacher just how “sweet” you think they are and let them know you couldn't have “picked” a better teacher. Welcome them Back to School with a fresh Fruit Gift Basket from Corpus Christi Produce.

Call the office at 361-884-4025 for details.

Free delivery to the Corpus Christi area.

(Baskets contain 1 Pineapple, 2 Bananas, 3 Oranges, 3 Pears, 2 Granny Smith Apples, 2 Red Apples and teacher themed decorations)

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