BACK TO SCHOOL BENTO BOXES

To say this summer flew by would be an understatement. It’s already back-to-school season, and that means more packed lunches! This September you can try using bento boxes to bring a fun, creative spin on regular packed lunches. Bento boxes have separated compartments in which you can put different food items. This can help with ensuring your children are getting balanced meals, by putting a source of whole grains, vegetables/fruit, and protein in each compartment!

Below is a Bento Box idea from food blogger OneLovelyLife. She creates all her bento boxes around the formula of including a source of:

- **Protein**: meat, tofu, legumes, edamame beans, etc.
- **Carbohydrates**: bread, pita, rice, potatoes, etc.
- **Fruits & Vegetables**: apples, cucumber, carrots, blackberries, kiwi, etc.
- **Something fun**: chocolate chips, trail mix, energy balls, etc.

Use this formula to create your own bento box idea or try the recipe below from Emily at OneLovelyLife!

HUMMUS & PITA DIPPERS BENTO BOX

**Ingredients:**

- **Protein**: hummus
- **Carbohydrates**: whole wheat pita bread
- **Fruits & Vegetables**: apples, carrots & sugar peas
- **Something fun**: pretzels

**Instructions:**

1. Brush pita bread with a bit of olive oil or butter, then sprinkle salt and pepper or desired spices on top.
2. Cut pita into triangles, place on a sheet pan and broil for 2-3 minutes until tops are slightly golden.
3. Once cooled, place pita chips & hummus in bento box.
4. Slice desired fruits & vegetables and place in bento box.
5. Fill the last compartment with a handful of pretzels.

Recipe by Emily on OneLovelyLife