

Lunchbox Snack Hacks

Lunchtime just got spiffed up with a creative take on the old brown paper bag standard. We all know how we “eat with our eyes,” so get your kids involved in preparing a fun, colorful, interactive addition to their meal on-the-go. Depending on your destination, please keep food allergies in mind. Bon appetit!

Materials

Fresh Fruit - apples, strawberries, berries, grapes, kiwi, dragon fruit...

Canned Fruit - pineapple chunks, mandarin orange pieces...

Dried fruit - raisins, apricots, mango...

Veggies - celery, carrots, red bell pepper...

Marshmallows - children under 6 need adult supervision; also, cut large marshmallows in half

Sunflower seeds - choose unsalted nuts and seeds as appropriate

Skewers - rounded tip toothpicks, chopsticks cut in half, wooden skewers with the pointed tip removed, plastic straws

Lemon juice

Extra Hacks

- Dilute **lemon juice** with water and spray on cut fruit to slow oxidation.
- Try melted **ganache** with additional cream will stay “liquidy” for a wonderful dip!
- Use plastic wrap rather than zippy bags for overnight storage.

Method

Adults - you know your sous chefs. Choose tools that match their skill.

Bench scrapers make excellent choppers. Also crinkle edge cutters, steak knives, or melon scoopers (to name a few), can all turn fruit and veggies into something special.

Kids! Skewer your favorite bites into a delicious **kebab**.

Use seeds and dried fruit to create a **friendly face** on an apple. Poke holes in the apples with a toothpick to “set” the facial features!

“**Ants on a log**” (celery and cream cheese dotted with fruit) can get a twist with your choice of spread and toppers.