

## Kids Konserve™ Offers 5 Tips for Packing Healthy Lunches

Pizza, jello, frozen tater tots, Styrofoam trays: Cafeteria food leaves something to be desired when it comes to childhood nutrition and health. [Kids Konserve](#), makers of waste-free, non-toxic lunch-packing products for kids and adults, has higher expectations for health this school year: They want to help families create back-to-school resolutions that will encourage kids to eat better.

Below are Kids Konserve's five tips to get families on the right track.

- 1. Maximize (Healthy) Leftovers:** Instead of leaving that leftover broccoli or last slice of lasagna in the corner of the fridge, Co-Founder of Kids Konserve Chance Claxton suggests: "Wrap healthy leftovers up in a [Food Kozy™](#) or keep them hot in a Kids Konserve Insulated Food Jar. Then, toss them in an [Insulated Lunch Tote](#) for an easy, healthy lunch."
- 2. Detox the Lunch Table:** For health-conscious parents steering clear of Styrofoam, BPA, PVC, lead, phthalates and other toxic materials commonly used by cafeterias, Kids Konserve offers peace of mind with non-toxic, non-leaching, food-grade packaging materials (read all about them [here](#)).
- 3. Keep it Fresh:** The mom-founders of Kids Konserve remove processed and pre-packaged lunch staples like crackers, cookies and juice boxes from their kids' lunches and replace them with sliced strawberries, salad and fresh-squeezed juice. Kids Konserve's leak-proof [Stainless Steel Containers](#), [Insulated Food Jars](#), and [Stainless Steel Bottles](#) make it easy and mess-free to eat fresh foods on the go.
- 4. Control Portions:** With childhood obesity issues plaguing the country, Kids Konserve helps families make "waist-wise" decisions for lunch. The variety of sizes offered in the [Nesting Trio](#) (Large: 16-oz., Medium: 8-oz., Small: 5-oz.) provides sensible structure to help kids curb overeating. The cute and convenient 2.5-ounce [Stainless Steel Mini Food Containers](#) assist in limiting intake of high-calorie trail mix or peanut butter dip.
- 5. Inspire Kids to Take Ownership:** With education at the core of the company's paradigm, Kids Konserve says it is important to teach children about making healthy eating choices, planning ahead to eat better, and taking pride in lunch-packing. Offering an array of bright, attractive packaging products, including their **new Sky and Ocean-themed products**, Kids Konserve inspires kids to *enjoy* the process of taking care of themselves.

The complete line of **Kids Konserve™** waste-free, non-toxic lunch and snack packing solutions for adults and children can be purchased at [www.KidsKonserve.com](http://www.KidsKonserve.com), as well as through markets and boutiques nationwide. **Editors seeking more information may contact Holly Padove at (805) 773-1000 or email [Holly@thepressroom.com](mailto:Holly@thepressroom.com).**

