



Kids Konserve™ & U-Konserve™ Share 10 Ways to Transform Lunch into a Healthy Feast

Achieve Resolutions for Healthier Diet and Trimmer Body

A healthy lunch can play a big role in New Year's resolutions for a healthier diet and trimmer body. Unfortunately, many people working 9 to 5 grab a quick bite, placing their health and waistline on the back burner.

"One of the best ways to ensure healthy eating is to pack a lunch and control what is going in your mouth in terms of nutrients *and* calories," explained [Kids Konserve/U-Konserve](#) Co-Founder Chance Claxton. "The key is to prepare lunch in advance, circumventing the urge to eat junk food."

Kids Konserve shares 10 ways to transform lunch into the healthiest meal of the day:

1. Have a lunch packing system in place such as [Kids Konserve™ and U-Konserve™](#) waste-free, non-toxic lunch and snack packing solutions.
2. Stock up on fresh produce, yogurt and nuts that can easily fit into U-Konserve Nesting Trio Containers (right) or Mini-Food Containers. (*Money-saving tip: buy a large yogurt carton and fill a small container with a single serving.*)
3. Enjoy a nourishing meal from last night's leftovers, instead of frozen, processed foods. Pack a hearty stew or a veggie stir fry in a Kids Konserve Insulated Food Jar or 33 ounce rectangle container.



4. Eat at a quiet spot away from the computer and take time to enjoy your meal. You'll have better digestion, and eat less. Use a "Food Kozy" (instead of a wasteful plastic bag) to carry your sandwich and to use as a placemat (left).

5. Avoid the 3 p.m. sugar and coffee urges by eating snacks that include healthy fats and lean protein for sustained energy until dinner.

6. For cold winter days, cook soup overnight in a Crockpot, and ladle into a Kids Konserve thermos the next morning. (You'll have leftovers for dinner, too.)
7. Plan ahead for travel days and pack lunch in a U-Konserve Lunch Tote (right) with a sweat-free ice pack.
8. Prepare and store some meals on Sunday to keep weekdays simple.
9. Be an example for the kids with a lunch prepping routine that involves the whole family.
10. Tote healthy snacks in a [U-Konserve Go-To-Market Tote](#). Pack some olives or hummus in a 2.5 ounce mini food container.



The complete line of **Kids Konserve™** and U-Konserve waste-free, non-toxic lunch and snack packing solutions for adults and children can be purchased at www.KidsKonserve.com, as well as through markets and boutiques nationwide. The company can be reached at (866) 410-9667 or Chance@kidskonserve.com. **Editors seeking more information may contact Holly Padove at (805) 773-1000 or email Holly@thepressroom.com.**