



# Back to School Shopping with Catherine McCord, author of Weelicious Lunches and Weelicious.com



Getting the kids ready for school in the morning is hard enough without having to think about packing a wholesome lunch. Forget the stress and pick one or two from each group for a balanced lunch that your kids will love!

## PROTEIN-PACKED SNACKS

- Mini Babybel® Original
- Mini Babybel® Mozzarella style
- Mini Babybel® Light
- Eggs (My kids love them hard boiled!)
- Steamed edamame
- Almonds, walnuts or pistachios
- Roasted chicken

## FRUITS

- Pears
- Apples
- Apricots
- Strawberries
- Blueberries
- Kiwis

## VEGGIES

- Baby carrots
- Broccoli florets
- Red bell peppers
- Celery
- Sugar snap peas
- Radish

## SANDWICH ON A STICK

*Just assemble and pack with mustard!*

- Skewers
- Cubed bread (ciabatta, French or other heart bread works)
- Cubed Mini Babybel® White Cheddar
- 2 slices of thick cut ham, cut into stripes or cubes
- Cherry tomatoes

## WHOLE GRAIN FRUIT FILLED BAR

*Check out the recipe in Weelicious Lunches!*

- Whole wheat flour
- Quick cooking or old-fashioned rolled oats
- Brown sugar
- Salt
- Unsalted butter
- Fruit preserves

## AVOCADO HUMMUS DIP

*Perfect for pairing with fresh veggies!*

- Ripe avocados
- Whipped cream cheese
- Lemon juice
- Honey

## TURKEY TEA SANDWICHES

*A kid-approved take on a classic!*

- Whole Wheat Bread
- Turkey slices
- Cucumbers



Find Mini Babybel at a store near you with our Product Locator tool.

For more lunch and snack ideas and inspiration, visit [facebook.com/BabybelUS](https://facebook.com/BabybelUS) or follow [@Babybel](https://twitter.com/Babybel) on Twitter.

