



2023: Pack a Healthy Lunch Challenge

The challenge is to pack a tasty, healthy, sustainable, and safe lunch to be enjoyed away from home. The submission will include the following:

1. A packed lunch
2. A copy of the MyPlate worksheet with the lunch ingredients shown in each space.
3. Answers to the Challenge questions.

Registration closes April 21, 2022 at 5:00 pm

Packed Lunch

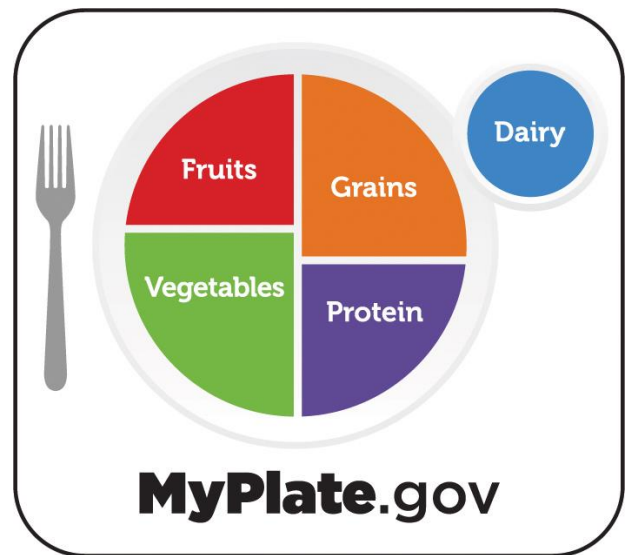
You will pack a healthy lunch and display the lunch for judging. Please note:

- You may pack a lunch for any occasion (e.g., school, day trip, hiking etc.)
 - Include a 3x5 card or paper in your lunchbox that describes the occasion for your lunch (e.g., school, 4-H farm workday, field trip, etc.)
 - You should plan your lunch for the occasion, making sure your food will travel and store properly for the occasion
- All food items should fit inside the container that you will use for carrying the lunch, for example, you could use a traditional lunchbox, basket, bag, etc. Beverages may be stored outside your lunchbox (e.g., Thermos, water bottle, etc.)
- Label each item in your lunchbox with the food item name and main ingredients. For example, a peanut butter and jelly sandwich should have a label that says "Whole grain bread with peanut butter and strawberry jelly," a bag of chips might say "Potato Chips".
 - *You do NOT need to provide full ingredients or nutritional content*
- Intermediate and Senior participants should include a snack in addition to the lunch. This should be labeled. For example, an apple would be labeled as "Snack - Apple"
- Your lunch should be packaged in a sustainable way.
 - Consider the waste that is produced by bags, bottles, etc. that you use and try to avoid using single-use items.
- Be aware of food safety!
 - Make sure that hot foods are kept hot and cold foods are kept cold
 - Provide ways for the lunch eater to ensure they have clean hands before eating.

MyPlate Worksheet

You will complete the MyPlate sheet and submit it with your entry.

- MyPlate is the USDA’s latest guidance for understanding how to eat balanced, healthy meals.
 - [Click here to learn more about MyPlate](#)
 - Take some time to review your lunch and make sure you have included components in each category
- Print a copy of the MyPlate worksheet (see below) and write the lunch ingredients and servings in each space. For example, for your peanut butter sandwich, you would include: 2 servings whole wheat bread in Grains; 1 serving Peanut butter in protein. For items such as strawberry jelly, which isn’t included on the plate, these should be listed separately in the “other” space below your plate.
- Next, take a few minutes to think about the challenge questions and write in your answers.
- Use your best handwriting or you may type your answers and submit them with your packed lunch.



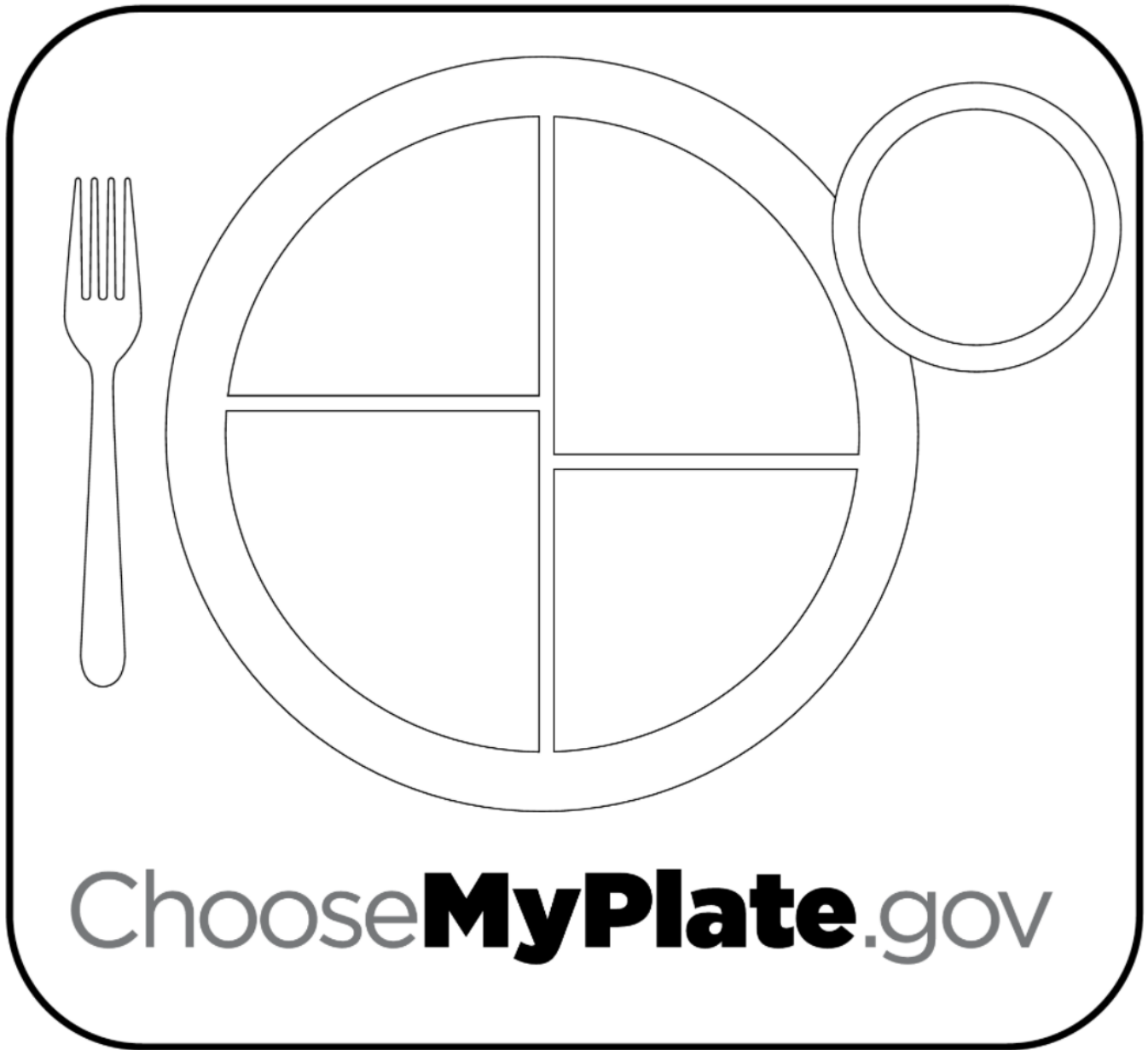
Have fun and be creative!

Scoring

Percent	Criteria
35%	The lunch provided includes: <ul style="list-style-type: none"> ● A full lunch; one additional snack for Intermediate and Senior participants ● All utensils necessary to consume the meal ● A container (e.g., bag, box, basket, etc) for safely transporting the food away from the home Additionally, each food item is labeled, and a card is included explaining the occasion for the lunch
30%	My Plate <ul style="list-style-type: none"> ● Each section of the My Plate worksheet is completed thoroughly and accurately ● The 4-H'er shows a good understanding of the food groups and how to swap different foods of similar nutritional value ● 4-H'er can provide examples of alternate menus based on different events
15%	4-H'er has considered the environmental impact of their meal <ul style="list-style-type: none"> ● Foods and beverages are packaged in a way that encourages little to no waste
10%	4-H'er has considered good food handling and food safety in preparing and packing the foods: <ul style="list-style-type: none"> ● Food is packed in a way that ensures it is consumable ● Food is free from bacteria and germs and will be kept at a safe temperature
10%	Project is neat, clean and shows creativity.

MyPlate

How does your lunch stack-up to MyPlate? Using drawings or other pictures, put your lunch in the image below.



Other:

Challenge Questions

1. Your family is out of bread today, so sandwiches are not on the menu. What is one other entree you could add to your lunch with ingredients you usually have at your house?
2. You accidentally left your lunchbox at school. What is one other container you could use to transport your lunch to school?
3. Name one item you would purchase to make your lunch more sustainable.