

HEALTHY SCHOOL LUNCH IDEAS ON YOUR PHONE

Based on the children's book by Merilee Kern, the new app **Kids Making Health Choices** for iPhone and iPad (\$2.99) has healthy lunchbox recipes and more ideas for good things to eat all day.

Healthier substitutions make PB&Js and BLTs fair game. Cut up a potato, coat it with egg whites and bake these "fries" for an after-school snack.

