

**WELLNESS TIP**

# Pack a healthy lunch



Are the kids complaining about PB&J already? Child health advocate Merilee Kern, creator of the “Kids Making Healthy Choices” app, offers suggestions on ways to switch up school lunches.

Pass on the potato chips; pack pita chips or popcorn instead. Skip the sugary juice box, and slip in a water bottle. Junk the candy, and go for fresh fruit.

Families can pick up more quick and healthy meal ideas today at the Deptford Mall, where the Inspira Health Network will offer live cooking demonstrations at 11 a.m. and 1 p.m. The demonstrations will be part of a back-to-school expo held from 10 a.m. to 4 p.m. in the mall’s lower level.

— *Kim Mulford*

