

Brown bag it for better health

One of the easiest ways to eat healthy is by choosing to “brown bag” it. By bringing your lunch to work you can eliminate the temptation to grab high-fat, low-nutrient food from the vending machine; plus, you can ensure that your lunch sack contains a variety of foods loaded with vitamins, minerals and fiber. “Lunch is a time to re-energize, relax and refuel,” says **Annie Casey**, Health and Wellness manager. “Don’t settle for the same old soggy sandwiches. Make lunch a healthy part of your day.”

And with the cornucopia of healthy food options at each warehouse, shopping for mealtime supplies couldn’t be easier – the produce department is well stocked with fruit, vegetables and salad fixin’s; the bakery has tasty varieties of whole grain bread; and throughout the foods department are packages of lean meat and cans of tuna or soup.

Even people who are vigilant about bringing lunch from home can fall victim to the call of the snack dispenser. To help combat that midday slump, add a healthy snack to your brown bag, as well. Carrot sticks dipped in hummus, an apple with cheese or low-fat yogurt each provide a good balance of carbohydrates, protein and fat that can give you the energy to make it through the day. When packing your brown bag, keep the following high-energy food combinations in mind:

- An apple and Kirkland Signature Trail Mix
- A protein bar (Trio, Lara or Balance) with a piece of fruit
- A can of tuna with whole-grain crackers and snap peas
- String cheese, turkey and swiss roller, and a pear
- A green salad with rotisserie chicken and whole-grain crackers



LEHI, UTAH LAUNCHES HEALTHY LEARNING

After a visit from the new Health and Wellness department, **Heidi Steffensen**, safety coordinator at #733, instituted scrumptious educational nuggets to entice employees to improve their eating habits. “We started doing little things in our breakroom,” she explains. “This week we focused on the health benefits of bananas and water. It seemed to go over really well with our employees!”

If you’d like help developing similar programs at your warehouse, please contact Annie Casey at (425) 427-3251 or GetHealthy@costco.com.