

VEGAN lunchbox

Have you ever forgotten to make your child's lunch? Or perhaps you lack time to make a nutritious meal. Consider having some of these packaged vegan convenience food items on hand to toss into your child's lunchbox next time you're in a rush. By Debra Wasserman

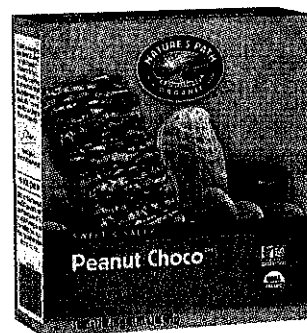
Materne North America sells GoGo SqueeZ, a squeezable fruit snack in these organic flavors: Apple Cinnamon, Apple Banana, Apple Peach, Apple Strawberry, and Apple Berry. Kids have a great time squeezing the fruit into their mouths. See: www.gogosqueez.com.

Earthbound Farm produces 2-ounce packages of organic apple slices, as well as 2.5-ounce Dippin' Doubles, which are organic apples with organic peanut butter to dip the apples into. They also offer 2.25-ounce bags of Mini Peeled Carrots. Visit: www.ebfarm.com to find a list of stores carrying these products.

Sabra offers single packs of hummus in various flavors, including Roasted Garlic, Red Pepper, and Classic Hummus. These come with thin pretzels to dip into the hummus. You would have to put an ice pack into your child's lunchbox when serving hummus. Sabra is also now offering single packs of salsa with tortilla chips. See: www.sabra.com.

Naturipe offers blueberries in 1.5-ounce packages. For information, visit www.naturipefarms.com.

Reichel Foods offers Dippin' Stix, packs of hummus with carrots or pita chips, or apple/celery with peanut butter. See: www.reichelfoods.com.



Nature's Path organic bars come in several vegan varieties including Peanut Choco Crunch and Pumpkin-N-Spice Flax Plus. Visit naturespath.com and search under the word vegan.

Primal Spirit Foods produces vegan jerky in several flavors including Mesquite Lime, Teriyaki, Hickory Smoked, Hot & Spicy, Thai Peanut, and Texas BBQ. See: www.primalspiritfoods.com.

Santa Cruz Organic offers organic Applesauce, Apple Apricot Sauce, Apple Cinnamon Sauce, Tropical Fruit Sauce, and Apple Peach Sauce in 4-ounce-size cups. See: www.santacruzorganic.com.

Clif Bars offer many vegan options including White Chocolate Macadamia, Oatmeal Raisin Walnut, Carrot Cake, and more. Visit www.clifbar.com and do a search for the the word vegan.

