

The secret formula for healthier back-to-school lunches



Whether your kids are eating lunch from their school's cafeteria or from your dining room table, it's that time of year again—back to school.

We cooked up a formula that includes the nutrient variety your kids need to stay healthy this school year:

School lunch:

- + 1 handful of whole grains
- + 1 hand-sized portion of protein
- + 1 tablespoon of fat
- + 1 handful of veggies
- = 1 complete lunch

Preparing healthy, nutrient-rich lunches for you and your kids can help prevent weight gain, a major risk factor for type 2 diabetes, hypertension, and other chronic conditions.

That's where Omada steps in.

If you or your adult family members are enrolled in the Texas Association of Counties Health and Employee Benefits Pool health plan in partnership with Blue Cross and Blue Shield of Texas, and are at risk for type 2 diabetes or heart disease, the Omada program is included in your benefits at no cost to you.

See if you're eligible for Omada in just 1 minute:

omadahealth.com/healthycounty

Try it with your kids!

Here's the formula in action:



Green Egg Salad Sandwich

- 1 handful egg salad
- Avocado slices
- 1-2 slices multigrain or whole grain bread
- Carrot sticks or whole grain chips



Turkey Ranch Lettuce Wraps

- 1 handful of turkey breast
- 1 cup cooked quinoa
- Ranch dressing
- 2-3 lettuce leaves
- ½ cup shredded carrots

Bonus:

Include 2+ different colored veggies, legumes, or foods with omega 3 fatty acids.