


Making It Work

Breastfeeding Moms Returning to Work or School





Making It Work: Breastfeeding Moms Returning to Work or School

**You CAN breastfeed after you
return to work or school.
Here's how!**

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North Carolina's Making It Work tools, adapted with permission from the New York State Department of Health, provide essential information for employers, mothers, their families, and community advocates to support breastfeeding.

Benefits of Breastfeeding¹

Research studies show that breastfed babies:

- Have fewer ear infections and respiratory infections
- Have fewer digestive problems and are less likely to be constipated
- Are less likely to develop cancer or diabetes in their lifetime
- Are less likely to be obese later in life
- Are less likely to die from sudden infant death syndrome (SIDS)



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

Research studies show moms who breastfeed:

- May be more likely to burn up to 500 calories a day, which helps moms return to their pre-pregnancy weight
- Have a reduced risk of postpartum mood disorders
- May be less likely to develop breast cancer or ovarian cancer
- May be less likely to develop type 2 diabetes and cardiovascular disease

“At first it was tough just to be away from baby and having to pump every 2–3 hours to keep up with her nursing schedule, but eventually it got easier. I had a lot of support from my supervisor and co-workers. I could close my office door and pump anytime I needed to. It also helped that I had another co-worker breastfeeding and pumping at the same time as me, so we would take our breaks together and pump.”

—Full-time working mom, Robeson County

1. Victora C, Bahl R, Barros A, França G, Horton S, Krasevec J, Murch S, Sankar M, Walker N, Rollins N. Breastfeeding in the 21st century: epidemiology, mechanisms, and lifelong effect. *The Lancet*. 2016; 387(10017), 475-490.

Breastfeeding Support at Work Is Your Right

It's the law. The Affordable Care Act was signed into law on March 23, 2010. Section 7 of the Federal Labor Standards Act (FLSA) requires employers to provide nonexempt (hourly) employees the following:

- Reasonable break time for an employee to express breast milk for her nursing child for up to one year after birth
- A private place that is not a bathroom that is shielded from view and free of intrusion from co-workers and the public*

In North Carolina, the NC Office of State Human Resources Lactation Policy for state employees, effective July 1, 2010, states, "It is the policy of North Carolina State Government to assist working mothers with the transition back to work following the birth of a child by providing lactation support. A lactation support program allows a nursing mother to express breast milk periodically during the work day."

For more information, visit: oshr.nc.gov/policies-forms/workplace-wellness/lactation-support.

Don't be afraid to ask for support to continue breastfeeding after you return to work. It's your right!

You can learn more about these laws at: Wage and Hour Fact Sheet #73 "Break Time for Nursing Mothers under the FLSA": dol.gov/agencies/whd/nursing-mothers

*Businesses employing fewer than 50 people may file for an undue hardship exemption.

Breastfeeding Support Is Good for Business²



A supportive breastfeeding-friendly work environment, with adequate facilities, helps to enable mothers to continue breastfeeding after returning to work. Breastfeeding-friendly policies are also good for business. Companies across America have learned that lactation accommodations at work produce a 3 to 1 return on investment which is attributed to:

- Lower health care costs
- Reduced absences related to child illness
- Lower turnover rates
- Improved employee productivity and loyalty

2. The Business Case for Breastfeeding. 2008. Washington, D.C. U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Health Bureau. womenshealth.gov/files/documents/bcfb_business-case-for-breastfeeding-for-business-managers.pdf

You CAN Breastfeed and Work

Lots of moms breastfeed after going back to work. Here are some of their tips for making it easier.

During Pregnancy

- Tell your supervisor you plan to breastfeed. (See “My Lactation and Work Plan” on page 18.)
- Attend a breastfeeding class provided by the hospital, local WIC agency, or a community group, such as a La Leche League. Invite your partner, mother, and other support people in your family so they will know how to help.
- If you have an option of where you will deliver your baby, choose to give birth in a facility that is breastfeeding-friendly. Explore options in your area by visiting babyfriendlyusa.org or nutritionnc.com/breastfeeding/bf-mat-center-awardees.htm.



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

During Maternity Leave

Get breastfeeding off to a good start in the first month so you'll have more options when you return to work. Here's how:

- Try to take at least 6 weeks of maternity leave, if possible, so you can recover from childbirth. This will give you and baby a good start to breastfeeding.
- Feed baby directly from the breast for at least 4 weeks or more so your body will build a strong foundation for making milk.
- Breastfeed whenever baby shows feeding cues or at least 8 times every 24 hours.
- Try to avoid using pacifiers or bottles during the first month. Early introduction of bottles could lead to difficulty with latching and/or low milk supply. You also don't want to miss any of baby's feeding cues.
- Many employers offer paid parental leave. In North Carolina, many state employees who give birth are eligible for 8 weeks of paid maternity leave. For more information, visit: oshr.nc.gov/state-employee-resources/benefits/work-life-balance/paid-parental-leave

Before Returning to Work

- About 2 weeks prior to returning to work, introduce 1 to 2 pumping sessions per day to adjust yourself to pumping. A good time to pump is after morning feeding times or when your breasts feel fuller.
- About 2 weeks prior to returning to work, begin feeding baby breastmilk from a bottle. To learn more, visit: sph.unc.edu/CGBI/responsive-feeding.



- Remember that pumping takes practice. Don't be surprised if you only get a little milk the first few times. Babies are usually much better at removing milk.
- Store any milk you collect in milk storage bags or food grade containers (pasta sauce jars, ice cube trays, mason jars). Milk storage bags work best to maximize refrigerator/freezer space. Baby may not take a large amount at a feeding, and your milk is too valuable to waste!
- Discuss your breastfeeding plans and wishes with your child care provider(s). For more information on what to ask your child care provider(s), visit: [nutritionnc.com/breastfeeding/docs/ParentGuide.pdf](https://www.nutritionnc.com/breastfeeding/docs/ParentGuide.pdf).

- Ask a WIC peer counselor or breastfeeding coordinator, a lactation consultant, or a healthcare professional for support and guidance on how to keep your milk production strong, especially if you must return to work sooner than anticipated. They can also help you decide whether you need a breast pump and which kind is best for you.

Remember: Every drop of your milk is important. Be proud of any amount of breastfeeding you and baby can enjoy!

Guidelines for Handling and Storing Your Milk^{3,4}

| Location | Duration Good for: | Guidance |
|---|---|--|
| Countertop, table | up to 4 hours if fresh; 1-2 hours if thawed, previously frozen | Cover containers and keep them as cool as possible; covering the container with a cool towel may keep milk cooler. |
| Insulated cooler bag | up to 24 hours | Keep ice packs in contact with milk containers at all times; limit opening cooler bag. |
| Refrigerator | up to 4 days if fresh; up to 1 day if thawed, previously frozen | Store milk in the back of the main body of the refrigerator. |
| Freezer | | |
| Freezer compartment of a refrigerator | up to 2 weeks | Store milk toward the back of the freezer where temperature is most constant. |
| Freezer compartment of refrigerator with separate doors | up to 6 months | |
| Separate deep freezer, chest or upright | up to 12 months | |
| Leftover milk from a feeding (baby did not finish the bottle): Use within 2 hours after the baby is finished feeding, or discard it. | | |

3. Academy of Breastfeeding Medicine. (Revised 2017) Clinical Protocol Number #8: Human Milk Storage; Information for Home Use for Healthy Full-Term Infants. Princeton Junction, New Jersey: Academy of Breastfeeding Medicine.

4. Proper Storage and Preparation of Breast Milk. Centers for Disease Control and Prevention website. [cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm). Updated August 6, 2019. Accessed August 27, 2019.

Remember⁴

- If there is unfrozen milk, use that first. If you are using frozen milk, be sure it is still good based on the guidelines for storing and handling. Also check to see if there is milk that is close to expiring that needs to be used first.
- If you will be adding fresh milk to a container of frozen milk, refrigerate it first since fresh milk is warm and can cause frozen milk to begin thawing.
- Thaw frozen milk in the refrigerator or under warm water. NEVER microwave breast milk.
- Once milk is warmed, use it immediately.
- Do not re-freeze milk once it has been thawed.



Preparing Baby

- About 2 weeks prior to returning to work, begin feeding baby breastmilk from a bottle. Some ideas to try:
 - Only put a small amount of breast milk (around 1 oz.) in the bottle. These are practice tries right now.
 - Offer it when baby is not super hungry or upset. Some babies are more eager to try something new if they are a little sleepy.
 - Ask someone else to offer the bottle. Babies often prefer to nurse when they are with mom.
 - Don't force baby to accept a bottle. If baby refuses, try again later.
 - To learn more, visit: sph.unc.edu/CGBI/responsive-feeding.
- Some babies prefer a cup, dropper, or spoon. Some babies “reverse cycle feed.” This means they reverse the times they eat by breastfeeding more when mom is at home and may not take much when mom is away. This is normal, as long as baby gets at least 8 feedings every 24 hours.
- Check the list of North Carolina childcare centers that support breastfeeding moms: nutritionnc.com/breastfeeding/bf-childcare-awardees.htm

Getting Support from Family

- Be sure to let family members know how important it is that you are supported in your decision to breastfeed.
- Share the booklet “Making It Work: Family Members Supporting Breastfeeding” available at ncbfc.org/making-it-work.
- Connect with friends who are also breastfeeding to get support, or join a mothers group in your community.



Making It Work

Breastfeeding Moms Returning to Work or School

My Checklist for Breastfeeding and Working

During pregnancy and maternity leave

- Talk with my supervisor about my needs during my pregnancy. (See “How to Talk with Your Supervisor” on page 13.)
- Use “My Lactation and Work Plan” on page 18 to decide with my supervisor the best options for time and space for nursing breaks.
- Learn all I can about breastfeeding during my pregnancy.
- Breastfeed exclusively when I am home with my baby.
- Ask my doctor or local WIC program about whether I will need a breast pump, and what kind will best meet my needs. Practice during the mornings or when I have the most milk.
- If I do need a breast pump, I will talk with my local WIC program or insurance provider about eligibility for a breast pump.
- Find a breastfeeding-friendly child care provider.
- Talk with my family and friends about how they can support me.
- Do a “trial run” to practice leaving baby with a care giver and expressing milk during the day.
- Call my supervisor while I am on maternity leave and confirm my lactation and work plan.
- Return to work proudly!
- Call my WIC peer counselor or breastfeeding coordinator, a lactation consultant, or another mom who has expressed milk at work to share experiences and get support.



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Making It Work

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My Daily Checklist

Post on refrigerator

The Night Before:

- Pack a bag of supplies for child care with bottles/cups of expressed milk, outfits, diapers, wipes. (Ask a family member to help!)
- Clean breast pump parts. (Ask partner to help.)
- Pack clean breast pump parts, pump, and cooler and set by the door.
- Prepare my lunch with healthy snacks.
- Set out clothes I will wear to work the next day.

In the Morning:

- Nurse baby before leaving for work.
- Items to take to child care: diaper bag and cooler bag with expressed breast milk.
- Items to take to work: lunch, breast pump, clean containers for breast milk, and cooler bag.



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Expressing Milk at Work

A Place to Express Milk

Before returning to work, discuss with your supervisor where the most appropriate place is to take nursing breaks. Ask if your employer has a lactation room already set up. If no room is available, provide suggestions for spaces that might work. Let your employer know that the space should have an electrical outlet and, if possible, have a sink close by. Remember, a bathroom is not acceptable.

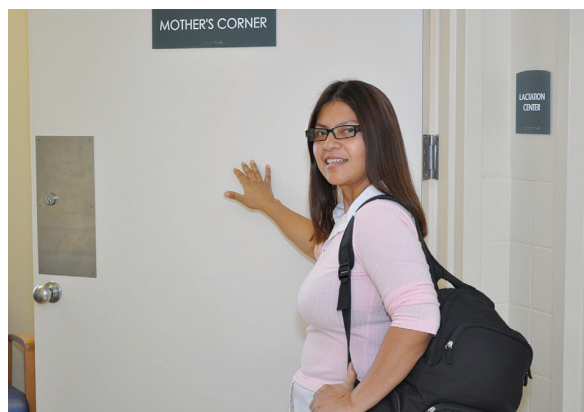
Try these ideas:

- Private office of the manager or another worker
- Conference room or small room not used very often
- Small closet or storage area converted to a lactation space
- Dressing room of a retail store
- Partition in the corner of a room
- Space that can be shared with other offices or stores

SPECIAL TIP TO TRY Finding Space to Express Milk

**SPECIAL
TIP
TO TRY**

Look for a space in your work area. This might be an odd-shaped area that is not used much, but could easily be sectioned off with a partition or wall as a small lactation area.



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

SPECIAL TIP TO TRY Hands-Free Pumping

**SPECIAL
TIP
TO TRY**

If you'll be using a double electric pump to express milk from both breasts at the same time, you can keep your hands free to snack or do other things. You can purchase a "hands-free" pumping bra, or make your own by cutting small holes in the middle of an inexpensive sports bra.

Want to know more?

Visit kellymom.com/bf/pumpingmoms/pumping/hands-free-pumping

A Place to Store Your Milk

Your milk can be stored in an insulated lunch bag, a small cooler, or in a regular refrigerator until you can take it home to baby.

Finding Time

- Typically, a mother pumps around the time her baby would normally breastfeed, possibly every 2–3 hours.
- If you're using a "double" electric pump that expresses from both breasts at the same time, it may take around 20–30 minutes to pump. Expressing by hand or with a manual pump will take longer. Be patient. You will get more efficient with practice.
- Use your regular breaks and meal period to express milk. If you clock in and out and find you need a little extra time, talk with your supervisor about coming in a few minutes early or staying a few minutes later to make up the time. Some moms eat their lunch or dinner while they pump.
- In a restaurant or retail store, express milk when business is slower, or ask about working a "split shift." This means you work during the busiest periods (ex: lunch and dinner at a restaurant) and go home between those busy periods. Or ask if a family member can bring baby to you to breastfeed directly.
- In a factory, "floaters" may be used to cover your work station while you are expressing milk.
- If you don't have a co-worker who can cover for you while you are taking a break to express your milk, ask if you can post an "I'll Be Back Later" sign while you'll be away. Or ask if you can bring your young infant to work with you. Visit: babiesatwork.org.



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

SPECIAL TIPS TO TRY

How Often to Pump

Count the number of times your baby usually breastfeeds every 24 hours. This is your "magic" number to keep steady once you return to work.

For example, if baby usually breastfeeds 10 times every 24 hours, you will need to either breastfeed or express your milk a total of 10 times every 24 hours once you are back at work. This might mean you breastfeed 6 times and express milk 4 times for a total of 10, or once every 2 hours or so. Keeping your magic number steady will ensure your milk production stays high, even when you are away from baby.

(Concept by Nancy Mohrbacher)

Feel Close

Many mothers find that their milk flows easier when they are able to feel close to their baby while they are away.

- Bring something with baby's smell on it, such as a soft baby blanket or a baby shirt.
- Record baby's noises on your phone.
- Look at photos of baby (prints or photos on your phone).

Sample Pumping Schedules

Note: These are examples only and may not reflect all of the feedings your baby requires each day. Each woman's needs and work schedule are different. Talk with your supervisor to find a schedule for nursing breaks that will work best for you.

Typical day job

- 7:15 a.m. Drop baby off with childcare provider; feed baby one last time
- 8:00 Arrive at work
- 10:00–10:20 Break—express milk (eat a nutritious snack)
- 12:00–12:30 Lunch break—express milk while eating
- 2:30–2:50 Break—express milk (eat a nutritious snack)
- 5:00 p.m. End work
Feed baby at childcare provider before going home

Job with afternoon/evening shift (Ex: Retail)

- Morning Feed baby at home
- 12:30 p.m. Leave baby with childcare provider; feed baby before leaving
- 1:00 Arrive at work
- 3:00–3:20 Break—express milk (eat a nutritious snack)
- 6:00–6:30 Meal break—express milk while eating
- 8:30–8:50 Break—express milk (eat a nutritious snack)
- 10:00 p.m. End work
Breastfeed baby at childcare provider before going home

Job with split shifts (Ex: Restaurant)

- 10:30 a.m. Leave baby with childcare provider; feed baby before leaving
- 11:00 Arrive at work
- 2:00 Leave work; feed baby at childcare provider before going home
- 4:00 Feed baby at home
- 4:30 Return to work
- 7:00–7:20 Break—express milk (eat a nutritious snack)
- 10:00 p.m. End work
Breastfeed baby at childcare provider before going home

“Coming back from maternity leave was so much easier just knowing that I had accommodations [at work] and there was a place that I could pump.”

—Elementary School Teacher, Wake County



How to Talk with Your:

Supervisor

- Don't be afraid to talk with your supervisor about your needs. They'll never know if you don't tell them, and most are happy to support you.
- Share "My Lactation and Work Plan" on page 18.
- Share a copy of "Making It Work: Employers Supporting Breastfeeding Families" ncbfc.org/making-it-work for ideas on how to support breastfeeding employees.
- Tell your supervisor about your needs before you have your baby so there is time to make arrangements while you are away.

Did You Know?

If your supervisor refuses to provide accommodations, you can file a complaint with the U.S. Department of Labor Wage and Hour Division (WHD) by calling the toll-free WHD number 1-800-487-9243 or by visiting dol.gov/whd. Follow instructions here: usbreastfeeding.org/p/cm/ld/fid=245

Co-Workers

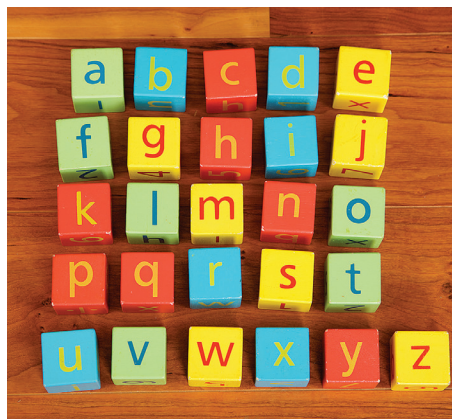
- Bring baby to meet your co-workers so they can fall in love with your baby, too.
- Explain that expressing milk is important so you can give important health benefits to your baby. Let them know their support will make it work for everyone.
- Tell them that research shows breastfeeding women miss less work, and companies save on health care costs because babies are healthier. (See "Making It Work: Employers Supporting Breastfeeding Families" at ncbfc.org/making-it-work.)
- Explain that you will be taking your usual breaks to express milk and making up extra time needed.
- If co-workers need to cover for you while you are out, return the favor when co-workers need your help.
- Listen if co-workers share stories about breastfeeding, even if it did not work out for them. Everyone wants to be heard and to know that they are good moms.



Need more information? Visit newmomhealth.com to find expert-written resources and information for you and your family.

Child Care Provider

- Tell your child care provider it is important for you to continue breastfeeding. Their support will make it easier for you.
- Remind them that breastfed babies are not as sick, which means all the babies they care for will be healthier.
- Ask if you can breastfeed at the child care facility before and/or after work, or during the meal period.
- Ask your child care provider to try not to feed the baby shortly before you pick up baby.
- Alert the child care provider that baby might “reverse cycle feed” and not eat much when you are away. To prevent wasting, send small amounts of breast milk in multiple bottles until baby adjusts.
- Expressed milk that you take to your child care provider must be clearly labeled with your child’s name and the date of the intended feeding. You may also be asked to describe content on the label.
 - Regulations state that unused breast milk can be discarded OR sent home. Communicate with your child care provider that you would like unused breast milk to be sent home.
 - Provide a cooler bag with ice packs to store leftover breast milk.
- Tell your child care provider that they can become recognized with the North Carolina Breastfeeding-Friendly Child Care Designation. They can find information at nutritionnc.com/breastfeeding/bf-childcare.htm.
- If your family members will be caring for your baby, give them the Making It Work: Family Members Supporting Breastfeeding, available at ncbfc.org/making-it-work.



“All mothers should feel free to feed their babies whenever and wherever they need. They are already juggling so much—crying babies, strollers, car seats and diaper bags.”

—Grandmother, Ashe County



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

Family Members

Support from family members can greatly impact if and for how long a mother will choose to breastfeed. Encourage the whole family to support mothers as they go through their breastfeeding journey. Families can:

- Prepare meals and help with common household tasks such as housework and laundry so mom can get the rest she needs.
- Clean baby's diaper bag and restock it with fresh diapers and clothing.
- Clean breast pump parts so mom can focus on baby and other important tasks.
- Provide words of encouragement when things might get tough.
- Prioritize family time by doing things everyone enjoys.



Take Care of YOU!

Get Plenty of Rest

Being a mom and working can be tiring, no matter how you feed baby. Rest when you can, sleep when baby is resting, and don't be afraid to ask for help from family members for household tasks so you can focus on you and baby. GOOD NEWS: research shows lactation hormones give breastfeeding moms up to 45 minutes of extra sleep each night!

Talk with Other Breastfeeding Moms

Seek out other nursing mothers at work or in your neighborhood to share experiences and gain support. Visit newmomhealth.com to find resources and information from moms just like you.

Another option is to find support from a peer counselor, lactation consultant, or other professional. You can ask the local hospital or the local health department for information, or visit:

- ncbfc.org/perinatal-region-map to find resources near where you live.
- uslca.org/resources/find-an-ibclc to find a lactation consultant from the United States Lactation Consultant Association.
- portal.ilca.org/i4a/memberDirectory/index.cfm?directory_id=18&pageID=4349 to find a lactation consultant from the International Lactation

Minimize Leaking

Expressing milk around the time baby would normally breastfeed, possibly every 2–3 hours, can help. Cross your arms firmly over your chest if you feel the milk starting to flow when you aren't ready for it. Wear washable or disposable nursing pads inside your bra to help keep milk from leaking onto your clothes. Wear clothes in layers so if you accidentally leak, you'll have a sweater or jacket to wear over your blouse.



Eat Nutritious Foods

Eating good foods will help you feel better about yourself and give you extra energy for handling the tasks of working and motherhood. See “**Easy Tasty Food to Eat While You Pump**” on page 19. They can all be eaten with one hand, so you can eat and express milk at the same time!

WIC Helps!

WIC offers education on how to start and continue to breastfeed. WIC also provides:

- Ideas for how to breastfeed and work
- Extra food
- Nutrition staff who can answer your questions
- Breast pumps
- Peer counselors (experienced breastfeeding moms just like you)



For more breastfeeding information, visit:
nutritionnc.com/wic/wic-referral.asp



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

Need Additional Breastfeeding Support?

Talk with a Peer Counselor, Lactation Consultant or other professional. You can ask the local hospital or the local health department for information, or visit:

- ncbfc.org/perinatal-region-map to find resources near where you live.
- uslca.org/resources/find-an-ibclc to find a lactation consultant from the United States Lactation Consultant Association.
- portal.ilca.org/i4a/memberDirectory/index.cfm?directory_id=18&pageID=4349 to find a lactation consultant from the International Lactation Consultant Association.

My Lactation and Work Plan

When I return to work from my maternity leave, I want to be a good employee while also providing for my new baby. My health care providers have told me that breastfeeding my baby is one of the most important things I can do for our health. A clean, private space and a little extra break time to express milk for my baby during the workday will allow me to follow doctor's advice and provide milk for my baby while we are apart. This helps our company by lowering health care costs and absenteeism.

Your support is important to me. These simple, temporary accommodations will make it easier for me to give my best to my baby and my company.

RETURN TO WORK. I would like to return to work gradually, if possible, so my baby and I can adjust to being apart. Some options we can discuss:

- | | |
|--|--|
| <input type="checkbox"/> Working part-time for a while | <input type="checkbox"/> Working from home |
| <input type="checkbox"/> Working a flexible schedule (ex.: taking Wednesdays off) | <input type="checkbox"/> Other ideas: |

TIME. I will need to express my milk at work around the time my baby would normally feed, possibly every 2–3 hours, for around 20 minutes each time, not counting time to get to the lactation area. I will use my usual breaks and my meal period. This accommodation is valuable to me. I will not abuse this time, and if more time than my usual break is needed, I am willing to:

- | | |
|--|--|
| <input type="checkbox"/> Come in early to make up the time | <input type="checkbox"/> Stay later in the day to make up the time |
| <input type="checkbox"/> Take unpaid time | <input type="checkbox"/> Other ideas: |

PLACE. I will need a clean, private area where I can safely express my milk during these nursing breaks. A bathroom is not an appropriate place and is not allowed by law. The area should also be near my work station, and near a sink and refrigerator. The space needs to be large enough for a chair and a flat surface for the pump. I will/will not need electricity for my breast pump. Some options we can discuss:

- | | |
|--|--|
| <input type="checkbox"/> The private office of a manager or supervisor | <input type="checkbox"/> A conference or meeting room |
| <input type="checkbox"/> A small area not in use much that can be secured for privacy | <input type="checkbox"/> An available cooler or refrigerator |
| <input type="checkbox"/> The private office of a co-worker | <input type="checkbox"/> Other ideas: |

SUPPORT. Support from my supervisor and co-workers will help me feel relaxed and confident. Research has shown this makes milk expression more efficient and increases employee loyalty, retention, and team building.

EDUCATION. I would like to participate in any breastfeeding or new parent classes or support group meetings held at my workplace. I will talk with Human Resources to learn about my health insurance coverage for lactation consultants. If my company contracts with a lactation consultant, I would like to use those services during my maternity leave and once I am back at work.

Signature of Employee: _____ Date: _____

Signature of Employer: _____ Date: _____

Easy, Tasty Foods to Eat While You Pump! Choose from each group.

Group 1: Foods High in Protein



- Cheese or cheese cubes
- Thicker yogurt
- Peanut butter
- Almond butter
- Hard-boiled egg
- Meat-stuffed boiled dumplings
- Hummus or Baba Ghanouj (eggplant dip)
- Nuts and Seeds
 - Almonds
 - Walnuts
 - Sunflower seeds
- Deli Meat Slices
 - Turkey
 - Chicken
 - Roast beef
 - Low-sodium ham

Group 2: Foods with Grains

- Whole grain crackers
- Pretzel sticks
- Sliced pita
- Whole grain rice cakes
- Whole grain English muffin or bagel
- Whole grain flour or corn tortilla
- Whole grain bread
- Mixed cereal in a bag:
 - Wheat chex
 - Toasted oats
 - Mini wheats

Group 3: Fruits and Vegetables

- Any combination of prepared vegetables
 - Celery sticks
 - Carrot sticks
 - Pepper slices
 - Cucumber slices
 - Tomato slices
 - Radishes
 - Olives
- Any combination of prepared fruit
 - Apple slices
 - Peach slices
 - Cut-up cantaloupe
 - Cut-up watermelon
 - Orange slices
 - Strawberries
 - Seedless grapes
 - Banana or plantain slices
- Dried fruits (Look for options with no added sugar.)
 - Raisins
 - Apricots
 - Prunes
 - Plantains
- Any combination of canned, frozen, or dried beans
 - Kidney beans
 - Pinto beans
 - Chickpeas
 - Lima beans
 - Soy beans
 - Fava beans



Putting Tasty Foods Together

- Guacamole with diced tomatoes spread on a whole grain tortilla, folded in half and sliced
- Cold slice of whole grain, thin-crust pizza with vegetable toppings
- Peanut butter spread on a corn tortilla and rolled around a banana
- Quartered cheese sandwich on whole wheat bread
- Cereal mixture in a bag (such as wheat chex and toasted oats)
- Glass of low-fat milk with cut-up fresh fruit
- Cheese cubes with dried fruit
- Hard-boiled egg with a handful of cherry tomatoes
- Whole grain pita with Baba Ghanouj
- Sliced turkey rolled-up with a handful of grapes
- Handful of almonds with raisins
- Whole grain rice cake with cheese spread
- Carrot and cucumber slices with hummus
- Vegetable sushi rolls
- Whole wheat English muffin with peanut butter
- Whole grain crackers with cheese slices
- Boiled pork dumplings with apple slices
- Sunflower seeds with dried plantains and a slice of cheese
- Strawberries and apple slices with yogurt dip
- Pita stuffed with slice of cheese and cucumber slices
- Slice of cornbread with a glass of low-fat milk
- Pretzel sticks with hummus
- Apple and celery slices with peanut butter





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ncbfc.org/making-it-work



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