lunchbox makeovers
bento basics
Dr. Dolly Garnecki
2/16 at 5:30
Whole Foods Market - Cville

with Kyung Nam Lee, MAcOM, LAc
Dr. Dolly Garnecki is the founder & president at Spinal Health & Wellness. In that role, she provides chiropractic and wellness care for people of all ages. An international expert on scoliosis, she's been invited to provide academic lectures to physicians world-wide about rehabilitative scoliosis treatment.

A decorated Air Force veteran who served during the Persian Gulf and Iraq wars, her business garnered the SCORE Foundation's Outstanding Veteran-Owned Small Business award in 2011.

Interviewed as a spinal expert in the book Bowling for Dummies, she's also the primary author in a case study “Improvement in urinary incontinence in a cerebral palsy patient following chiropractic care” published in a peer-reviewed journal. Dr. Garnecki is the editor of 2 blogs: Traveling with Baby--healthy and intentional parenting for mod moms; and, Spinal Health & Wellness--informative posts that revolve around health.

She resides in Charlottesville, Virginia with her husband and preschooler son, and her family is in the process of adopting a daughter from China. Dr. Garnecki grew up enjoying homemade asian bento lunches, and she enjoys sharing that tradition with her son. She loves cooking with her family, hiking in the beautiful Blue Ridge mountains, and photography.
About Kyung Lee, MAcOM, LAc

Kyung Lee received her Master's degree from the Oregon College of Oriental Medicine in 2001 and has been practicing in Charlottesville for the past 10 years. She specializes in obstetrics/gynecology, pediatrics, and pain management. As a Traditional Chinese Medicine (TCM) practitioner she uses the 5 branches of healing: acupuncture, moxibustion (heat therapy), herbal medicine, Asian bodywork, and Western and Eastern nutrition.

She lives in Charlottesville with her husband and three boys, who all love to cook and eat.
Learn how to prepare delicious and healthy, eco-friendly lunches for children ages 3 to 12.

Appetizers / Overview:
- Time-saving tips for healthy lunch preparation
- Repurposing leftovers: save money and reduce waste
- Safety considerations

Signature Specials / Demonstrations:
- Nutrient-dense foods: Kid-friendly & palate-pleasing--the immune-boosting power of food
- Fun & eco-friendly lunch containers & accessories: ditch the brown bag

Allergy Awareness:
- Top foods to avoid / most allergic foods

Dessert / Resources:
- Fave lunch recipes
- Fave bento products and where to find them
Time & Money-Saving Tips

● Prep as much as possible the night before.
  ○ Set out bento containers, cooking utensils, pots/pan
  ○ Transfer freezer items to fridge
  ○ Pre-slice, dice, chop, peel in advance.

● Make at least one bento/lunch item the night before

● Stock up on staples
  ○ Raisins/dried fruit, quinoa, brown rice, pickles, miso, frozen peas, frozen berries, eggs, etc (items that don't expire right away)

● Make "planned" leftovers for future bento lunches
  ○ Use leftover vegetables and rice to make fried rice the next day.
  ○ Make large batches of soups, stews, or curries on the weekends to serve for lunch during the week.
  ○ Make an extra large breakfast and pack leftovers for lunch. {French toast with breakfast sausages/bacon + grapefruit}
  ○ Buy a large container of plain yogurt and use reusable containers for a yogurt snack at lunch. Sweeten with fruit, preserves, honey or maple syrup. Much less sugar and less expensive than single serving containers.
Time & Stress-Saving Tips

● Perfect Dessert Comes from Plants
  ○ Avoid the pre-packaged, calorie-dense, and sugar-laden items
  ○ Instead reach for fresh fruit that's still got plenty of sweet, and loaded with vitamins and minerals.

● Meal Before Craft
  ○ Don't get overwhelmed with lofty goals of hand-carving action heros into lunches. Focus on the meal first and foremost.
Safety Considerations

Use good hygiene:

● Use clean hands, containers, and utensils to prepare and store food.
● Use utensils more often than hands to handle food, especially in hot weather.

Food temperature:

● Keep cold things cold with an ice pack
  ○ raw veggies, salads, fresh fruit
● Allow cooked foods to cool down to room temperature before adding a lid to prevent growth of bacteria (moist, warm environment)
● Use vacuum-sealed, double walled thermos for hot soups or dishes so they stay hot from prep until consumption

Foods to AVOID in Bentos:

● raw fish sushi
● undercooked meat
● eggs that aren't completely cooked
● homemade mayo
● uncooked tofu
Nutrient-Dense Foods

Eggs, avocado, coconut oil, dried seaweed (iodine and minerals), seeds.

These can be alternatives to the nutrient dense foods: butter or ghee, meat, cheese. And of course, fruits and vegetables.

Try to also incorporate herbs into their lunches. For example, fresh chopped parsley in hummus, cilantro on Asian noodle or rice dishes, cilantro with black beans, fresh or dried dill on smoked salmon.
5 Flavors in Traditional Medicine

Sweet - Spleen/pancreas - worry, overthinking (picky)

Salty - Kidney - fear, anxiety (shy, cautious, difficulty digesting fats)

Bitter - Heart - joy

Sour - Liver/Gall Bladder - irritability, anger (fats create fire, tantrums, night terrors)

Pungent - Lung - sadness, grief (chronic cough)
# Allergy and Food Sensitivity Awareness

## Top Foods to Avoid

Avoid: Gluten (wheat), dairy, peanuts.
Replace wheat with sprouted or fermented grains such as buckwheat, quinoa, sourdough.

Replace dairy with coconut milk or fresh almond milk, or try using sheep/goat dairy.

Replace peanuts with other nuts such as almonds, pecans, cashews. Replace peanut butter with almond butter or sunflower seed butter.
Mini taco salad/taco bar with corn tortillas, leftover meat reheated (using garlic, cumin, & smoked paprika)
  • pack containers of fresh greens & tomatoes + side container of salsa.

Use cornmeal or potato starch to create veggie/fish/meat cakes from leftovers. Mix and pan fry in the morning before packing.

Dr. Dolly's pickled cucumbers (sweet & tangy kim chee) via Traveling with Baby

Egg muffins via Paleoparents.com - gluten free, dairy free

Korean dumplings via About.com

Creative real food lunch ideas for picky eaters via Family2Table

Hard to find ingredients used in recipes:
  • Tongren Korean red pepper powder
  • sweet potato starch noodles
  • almond flour/meal
  • brown rice flour
  • buckwheat japanese noodles

Dr. Dolly's favorite idea generators via Pinterest
  • http://pinterest.com/dgarnecki/bento-lunches/
Books:

- Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats by Sally Fallon and Mary Enig
- The Just Bento Cookbook: Everyday Lunches to Go by Makiko Itoh

Bento Boxes / Containers:

- Thermos Foogo vacuum double-walled, stainless steel, leak-proof 10 oz. jar
- Leaflet 500mL BPA-free plastic bento box with separators and drawstring bag (Made in Japan)
- Kotobuki 2-tired panda face bento box
- Goodbyn bynto lunchbox
- Lunchbots Stainless Steel Duo
- Eco Lunchbox 3-in-1 set
{Resources}
Bento Accessories:

- Kotobuki 6 piece vegetable cutters
- Kotobuki car & fish plastic egg molds
- Kotobuki bear & rabbit plastic egg molds
- Kotobuki heart and star plastic egg molds

- Wilton silicone heart baking cups (12 ct)
- Wilton silicone square baking cups (12 ct)
- Chicago Metallic silicone round baking cups (12 ct)
- Sushi rice mold shapes
- Animal fork food picks
Contact

Available for Presentations & Nutritional Counseling

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