

Pack your child a

HEALTHY LUNCH BOX



Choose a variety of foods from each food group

FRUIT



VEGETABLES



DAIRY



WHOLE GRAINS



LEAN MEATS & PROTEIN



A HEALTHY LUNCH BOX



MAKE
WATER
YOUR
DRINK



USE
ICE PACKS
TO KEEP
FOOD
COOL



USE A
THERMOS
TO KEEP
FOOD
WARM