

Pack your child a **HEALTHY LUNCH BOX**



Choose a variety of foods from each food group

Fruit



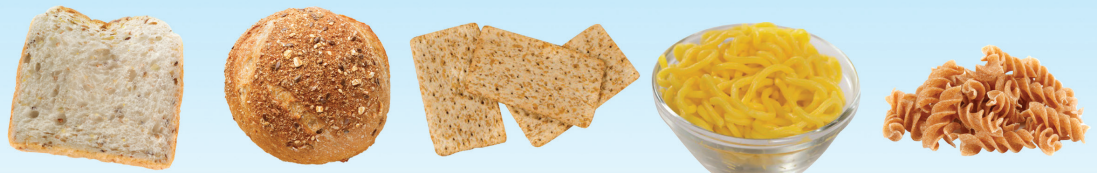
Vegetables



Dairy



Wholegrains



Lean meat & alternatives



A Healthy Lunch Box



MAKE WATER YOUR DRINK



PACK ICE BRICKS TO KEEP FOOD COOL



USE A THERMOS TO KEEP FOOD WARM



Health