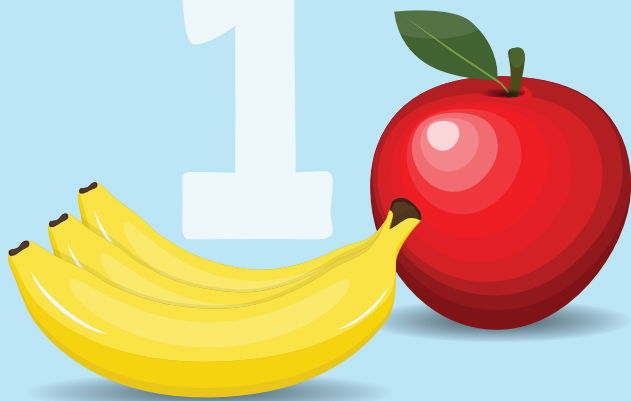


How to pack an **A+** lunchbox

Fill it with the 4:

1

FRUIT



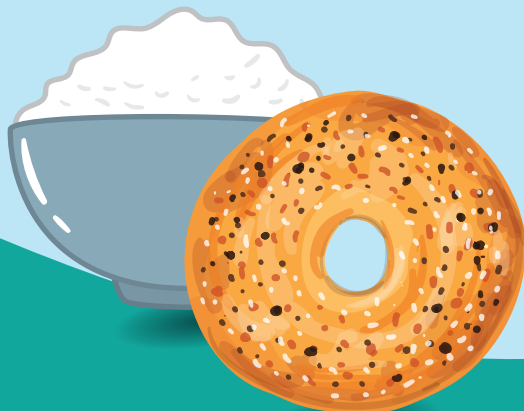
2

VEGETABLES



3

WHOLE GRAINS



4

PROTEIN



TIPS:

Make water your drink

Include ice packs to keep food cool

Use a thermos to keep food warm

Heart Healthy Schools

