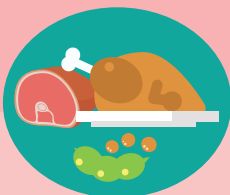


HEALTHY, HAPPY LUNCHBOX

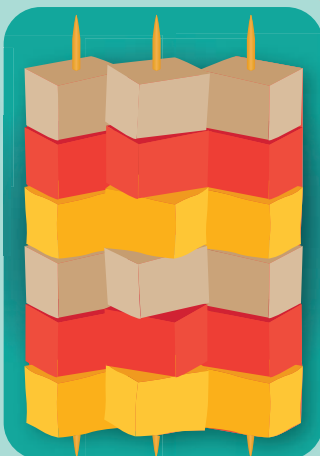
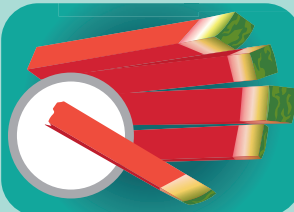
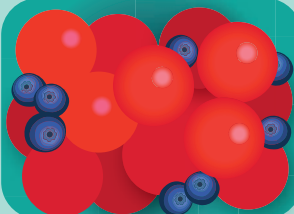
Build a better, more balanced lunchbox for your kiddos and you!

Add vibrant veggies and whole fruits to salads and sandwiches. Or, skewer them and make them the star of the meal!



Start with Protein

Decide on turkey, chicken breast, ham, beans, tofu, legumes, or other lean protein.



Focus on Whole

Choose whole grains like whole-grain bread, brown rice, and popcorn.



Think Half!

Fill half of your lunchbox with fruits and veggies. The more color, the better! Use whole or cut-up fruit for full fiber benefits.

Happy Lunchbox

1 watermelon, cut into sticks and balls

1 serving of yogurt (for dipping)

1 serving berries

1 skewer of cubed watermelon, turkey breast, and cheddar cheese



Decide on Dairy

Round out the lunch with dairy. Think milk, yogurt, cheese, or a soy beverage.



watermelon.org

