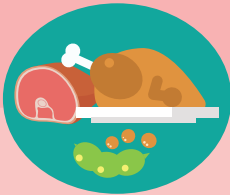


# HEALTHY, HAPPY LUNCHBOX

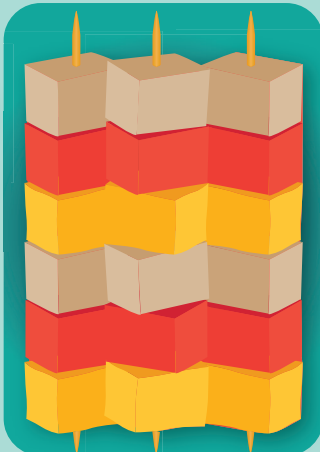
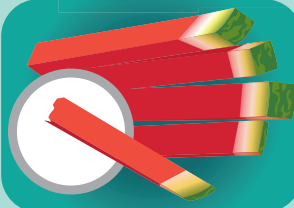
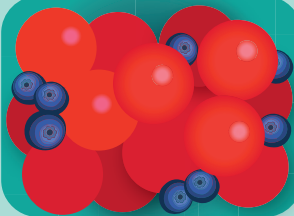
Build a better, more balanced lunchbox for your kiddos and you!

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

