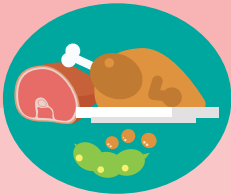


HEALTHY, HAPPY LUNCHBOX

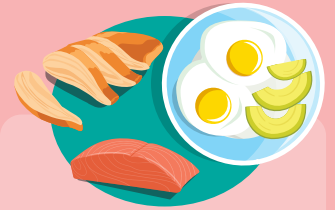
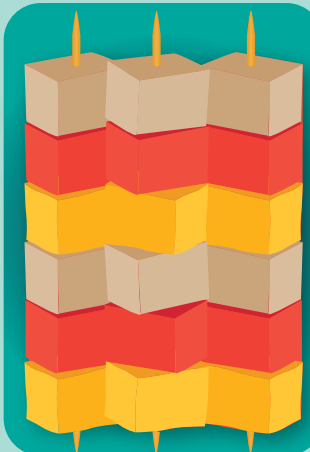
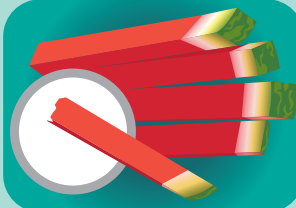
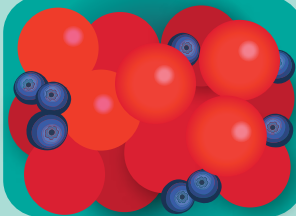
Build a better, more balanced lunchbox for your kiddos and you!

Add vibrant veggies and whole fruits to salads. 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 protein.



Focus on Whole

Choose high-quality, nutrient dense and minimally processed food prioritizing freshness.



Think Fresh!

Fill your lunchbox with fresh fruits and vegetables. 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 whole milk, yogurt, or cheese.

Eat Real Food



watermelon.org