

How to pack an **A+** lunchbox

Fill it with the 4:

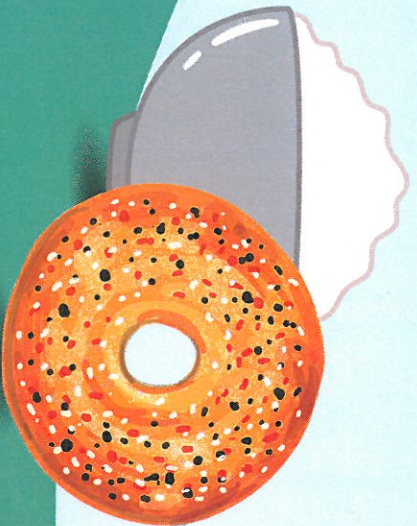
1
FRUIT



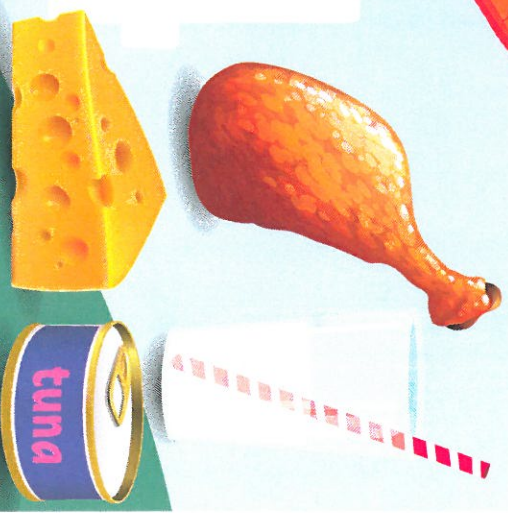
2
VEGETABLES



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

