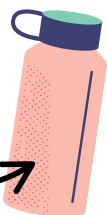


Lunch Box Builder

Pack a lunch and snacks that include all 3 groups of food.

Remember to pack a reusable water bottle



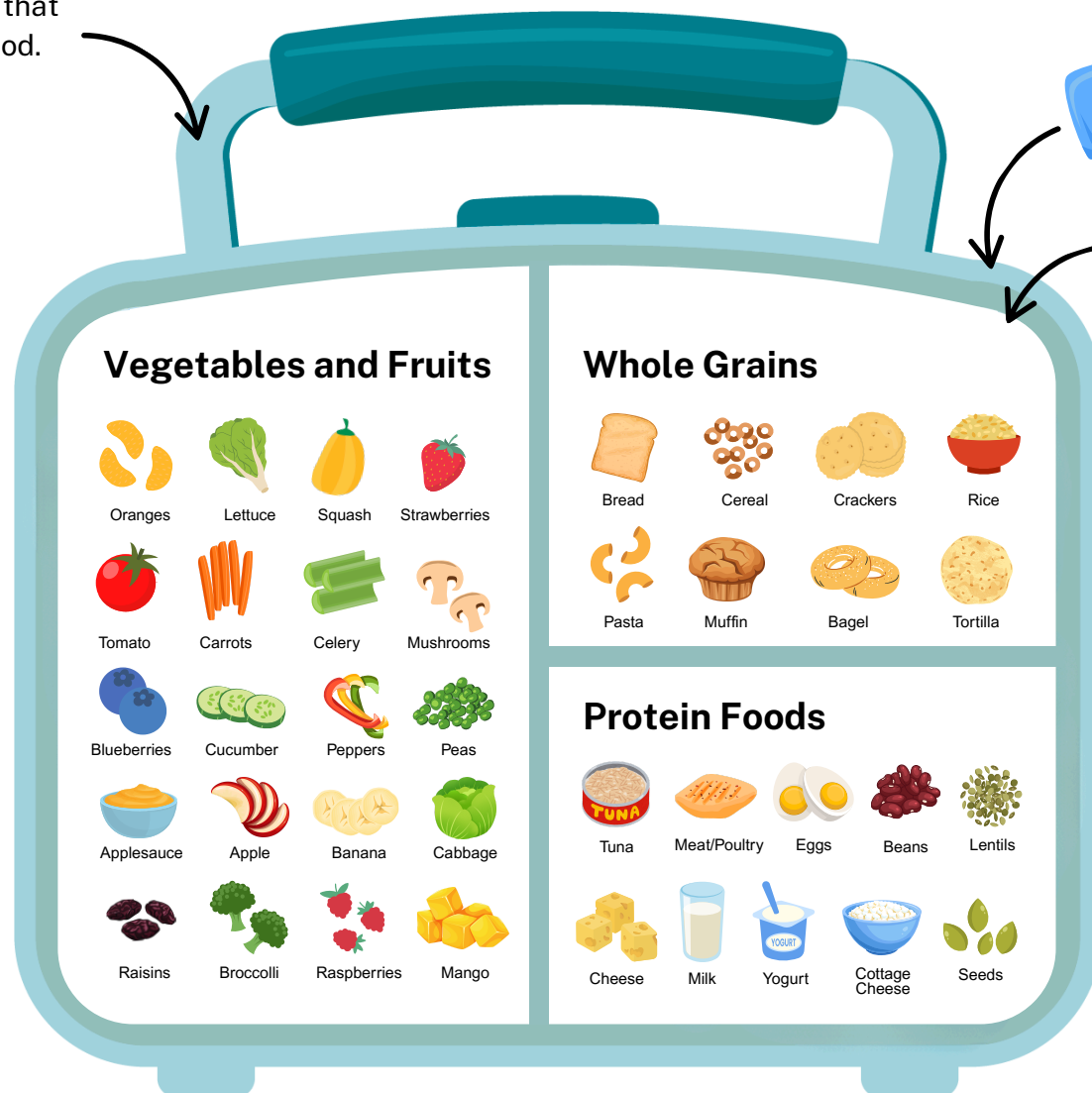
Cut vegetables and fruits into bite sized pieces.



Pack fruits in an easy-to-open container so they are not squished.



Keep your child's lunch in the fridge until they are leaving the house.



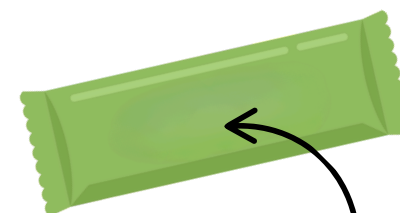
Use an ice pack to keep foods cold.



Use a thermos to keep foods warm or cold.



Repackage foods that are difficult for your child to open on their own.



Look for snacks with less than 10g sugar per package.

Parents and caregivers decide what is packed.
Children decide how much they eat.

Packing a Thermos



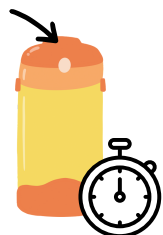
1 Start with a clean thermos.



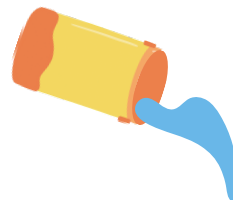
OR



2 Fill thermos with water and ice for cold foods OR fill with boiling water for hot foods.



3 Close lid and let sit for 5 minutes.



4 Pour out water.



5 Fill thermos with food at the temperature it will be eaten (hot or cold).



6 Close lid and pack in lunch kit.

Meal and Snack Ideas



Apple slices and cheese



Cereal, seed and raisin mix



Crackers and tuna



Pizza bagel



Banana slices and yogurt



Hard boiled eggs and sliced cucumber



Cheese and tomato pita



Muffin and milk