A Zero-Waste and Healthy Lunch Box and Snack...

A Winning Combo!

A healthy lunch box...

Energy for the day!

Think of the 4 food groups from the Canada's Food Guide.

Choose a colored vegetable (example: broccoli, carrots, red pepper, etc.).

These foods and drink are not included in Canada’s Food Guide.

No dry noodles in your lunch box! Too much salt and fat.

Be careful with juices that are not 100% pure. They have more sugar and less vitamins.

Potato chips are not a good snack to bring in your lunch box.

No dry noodles in your lunch box!

Too much salt and fat.

Use an icepack to keep your lunch cold.

Help your parents prepare home-made meals.

A winning combo!

Design: Productions Rouj

North West wellness network

vitalité

New Brunswick Canada

Stop germs! Wash your lunch box every day.

Help your parents prepare your lunch box.

Help your parents prepare home-made meals.

Once in a while, make your sandwich with whole wheat bread.

Drink 2 glasses of milk every day for healthy bones and teeth.

Bring a fruit for your snack.

To be tall and strong, bring meat, eggs or fish in your lunch box.

Bring cheese cubes and healthy crackers instead of those cheese and cracker packs.

This meal is not good for your health nor the planet’s one.

Lait Milk

These foods and drink are not included in Canada’s Food Guide.

Be careful with juices that are not 100% pure. They have more sugar and less vitamins.

Help your parents prepare home-made meals.

Potato chips are not a good snack to bring in your lunch box.