Healthy Lunch Box and Snack

I’m going to help you prepare a healthy lunch box and a healthy snack. If you can, why not help your parents prepare your lunch box!

1. Start with a reusable lunch box

Then, make sure you include at least one food from each of the 4 food groups in Canada’s Food Guide:

2. **Vegetables and Fruit**

3. **Grain Products**

4. **Milk and Alternatives**

5. **Meat and Alternatives**

6. Don’t forget your healthy snack!

7. Use a thermos to keep your food warm or an ice pack to keep your food cold.