

When you pack a lunch, pack a MyPlate lunch!



ChooseMyPlate.gov has great healthy eating tips for your child's lunch box! The website lists everything you need to know about fruits, vegetables, whole grains, proteins, and low-fat dairy items.

There is an entire section for parents with resources on how to build a healthy meal including great tips on how to make healthy snacks, fruits and veggies enjoyable for the youngsters! <http://www.choosemyplate.gov/kids/ParentsEducators.html>

Check out the easy to follow daily food plan worksheets and see how your daily intake and packed lunch measures up! Try one today at <http://www.choosemyplate.gov/supertracker-tools/daily-food-plans.html>

ChooseMyPlate.gov also has games, activity sheets, videos, and more for you child to learn about nutrition in a fun and appealing way!

**Our food choices affect how we feel today,
tomorrow, and in the future!**