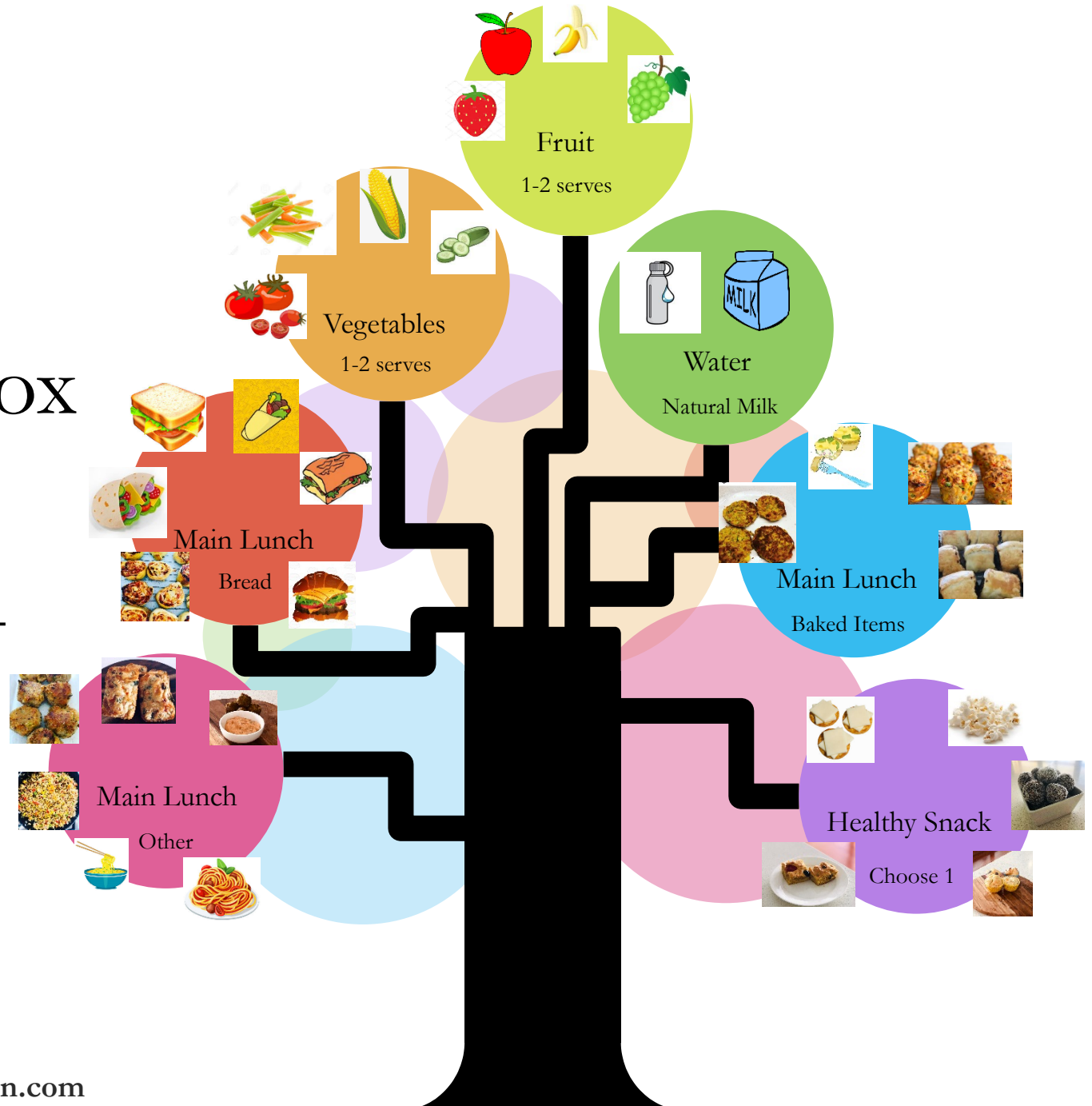




Healthy Lunchbox Diagram

This is an easy way for kids to help choose their lunchbox ingredients –

- Gives children ownership of what is in their lunchbox.
- Teaches good food choices.
- Increases the chance of lunch being eaten.
- Teaches healthy eating habits.



For recipes go to www.everydaymumskitchen.com