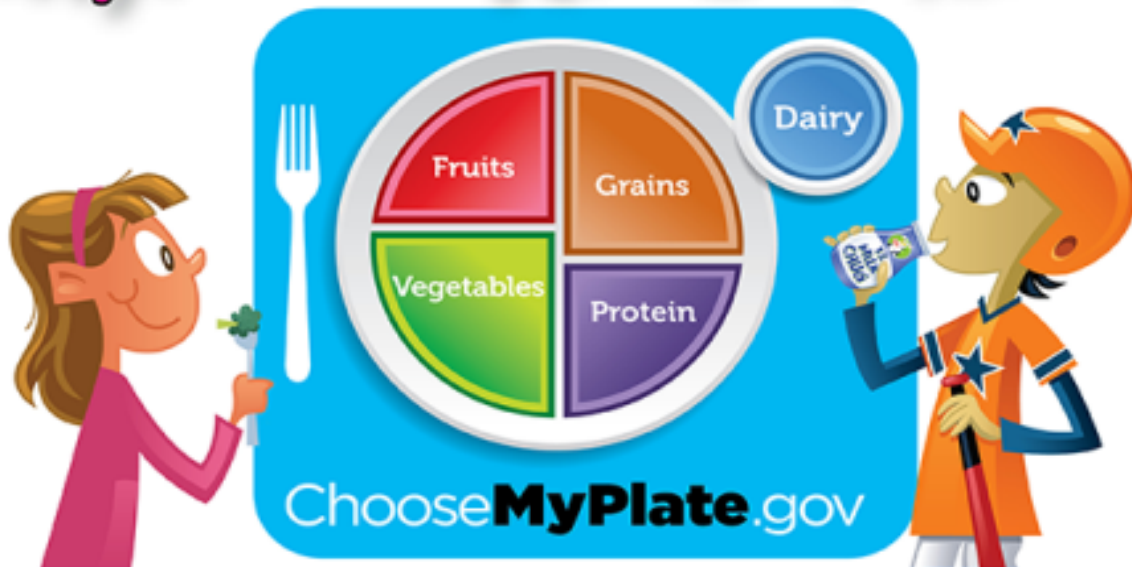


When you pack a lunch, pack a MyPlate lunch!

MyPlate Kids' Place



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!

