Eat Well

GET THE KIDS INVOLVED IN PLANNING & MAKING THEIR OWN LUNCHES

Stock up on healthy grab-and-go foods from the four food groups and help your kids create quick, healthy lunches and snacks.

Healthy lunches • Happy kids • Great school days

IF KIDS **HELP** MAKE IT, THEY'RE **MORE** LIKELY TO **EAT IT!**

Health Canada Santé Canada

Canada

GET MORE GREAT TIPS ON HEALTHY EATING AT:
HealthyCanadians.gc.ca/EatWell