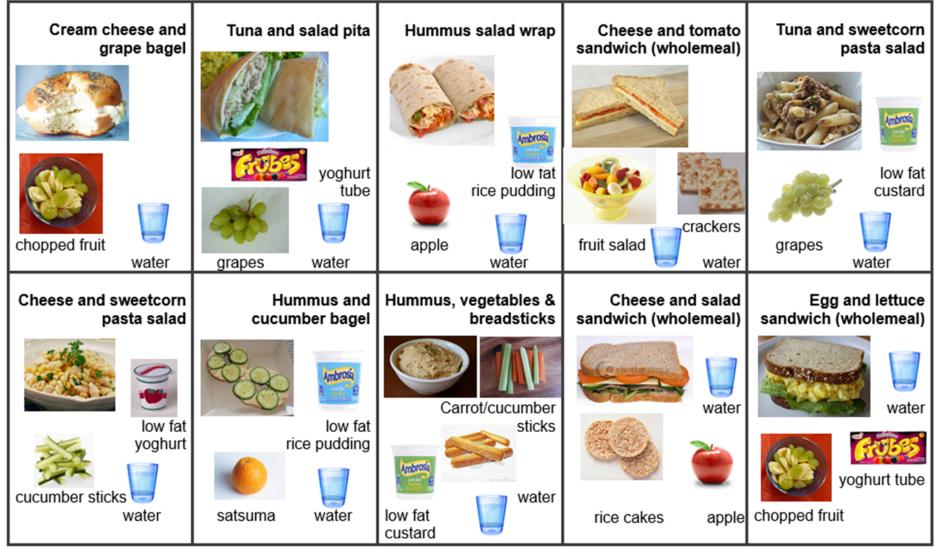




## Packed Lunch Ideas



Try to include a variety of different food in your child's packed lunch. Aim for a piece of fruit and some salad or vegetables every day.