

PLAN IT ! PACK IT! EAT IT!

Fuel up for a fun day at school with a good lunch PLUS a terrific snack.
Get busy!

Write or draw your list here.
Post it on the fridge.

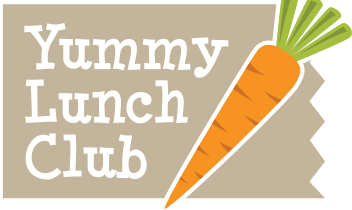
My Yummy Lunch List

✓ Make sure you have a vegetable and/or fruit + grain + milk/alternative + meat/alternative + water by giving them a check mark!

How I can help to pack my lunch:

It's Food-Tastic!

Enter the monthly lunch contests at www.yummylunchclub.ca



PLAN IT ! PACK IT! EAT IT!

My Yummy Snack List



Make sure you have a vegetable and/or fruit + food from 1-2 food groups + water by giving them a check mark! (ask a parent about food groups)

It's Food-Tastic!

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