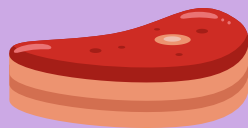
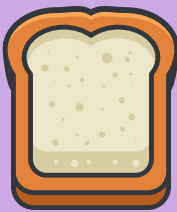
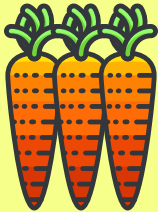


What Should I Pack for My Child's School Lunch Box?

Choose a variety of food groups below



Learn more at
Canada's food Guide
[Click here](#)

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain



Please avoid

Chocolates



Candies



Chips



Gums

