

START HERE

1. Buy a Compartmentalized container like this:



2. Pack one item from each of the food groups listed on the inside of this brochure– Now you have a complete and nutritious meal for your child!



3. Remember to keep food safe by keeping cold foods cold and hot foods hot. Remind your child to wash their hands before eating. If that's not possible add some hand sanitizer in their lunch box.

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www.LightenUpCharleston.org



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Healthy Lunch
Ideas Made
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