



TIME

to pack a
balanced
LUNCHBOX



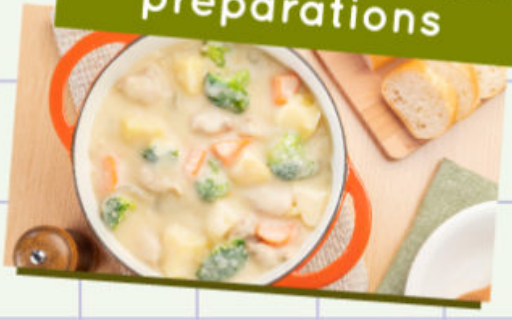
Let the box contain



One Fresh Fruit



Any two vegetable preparations



Pack a form of protein



Add milk products



Pick one minimally processed whole grain food



Tips for packing the box

Make the preparations in advance



Use children's lunchboxes to make the food more appealing

Consider their preferences



Give importance to the presentation

Give them age-appropriate proportions



Avoid packing foods that may become tasteless or soggy when consumed cold