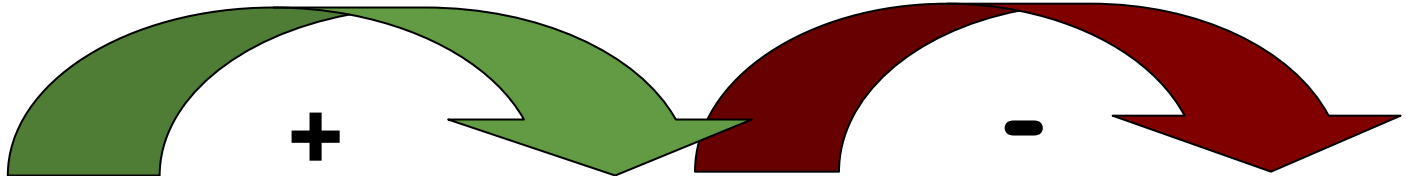


TRY LUNCHTIME ADDITION AND SUBTRACTION FOR BETTER HEALTH AT SCHOOL!



Below are some suggestions that add up to a healthy lunch. Let kids try different healthy foods and choose what they like!



- ◆ Low-fat milk
- ◆ Bottled Water
- ◆ Fresh sliced fruit
- ◆ Veggies & hummus
- ◆ Low-fat string cheese
- ◆ Low-fat pudding
- ◆ Reduced-sugar jelly
- ◆ Whole-wheat bread
- ◆ Unsalted nuts
- ◆ Whole-wheat crackers
- ◆ Baked Chips



- ◆ Soda
- ◆ Energy drinks
- ◆ Dried fruit
- ◆ Candy
- ◆ Jelly
- ◆ Cookies
- ◆ White bread
- ◆ Chips

Every Little Bit Helps!
Ask the school for information on free or reduced meals for your child!



YOU DO THE MATH!

www.sharethecaredental.org

