

Eat
Well



GET THE KIDS INVOLVED IN PLANNING & MAKING THEIR OWN LUNCHES

Stock up on healthy grab-and-go foods from the four food groups and help your kids create quick, healthy lunches and snacks.

Healthy lunches • Happy kids • Great school days

IF KIDS
HELP
MAKE IT,
THEY'RE
MORE
LIKELY TO
EAT IT!



Health
Canada

Santé
Canada

Canada

GET MORE GREAT TIPS ON HEALTHY EATING AT:
HealthyCanadians.gc.ca/EatWell