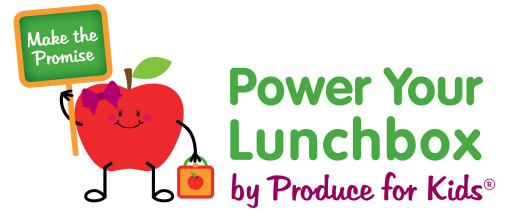


Fresh, Fun, and Healthy News!



Back-to-School 2018

Dear Family,

Every day at school your child is busy exploring, investigating, problem-solving, and soaking up new knowledge. That takes a lot of brain power! Your child will need a healthy lunch—packed full of fresh fruits and vegetables.

As a class, we're taking the **Power Your Lunchbox Promise**. We're learning about healthy lunch options, eating fresh produce in a rainbow of colors, and exploring new fruits and vegetables. Join in the fun by taking the Power Your Lunchbox Promise at home too. It's at PowerYourLunchbox.com. Your whole family will benefit!

Here's to healthy eating!



Power Your Lunchbox Pledge is brought to you by

Produce for Kids

Visit produceforkids.com for tips & recipes to keep your family healthy all year.

Share the Fun

You may not consider washing, tearing, snapping, and peeling produce all that much fun. But there's a good chance your child will! You'll have a handy helper, and your child will get first-hand experience with fresh produce.

Make New Choices

Did you know there are over 100 different varieties of produce? Trying different produce items is a great way to find new favorites. When you're grocery shopping with your child, ask him or her to choose a new fruit or vegetable to try.



Add a Healthy Crunch to Lunches (and Snacktime!)

Make your child's lunches and snacks more nutritious with these yummy ideas for what to pack.

- 🍎 Carrot and celery sticks and low-fat ranch dressing
- 🍎 Almond butter and banana graham-cracker sandwiches
- 🍎 Apple or celery slices and salsa
- 🍎 Fruit and cheese kabobs
- 🍎 Sweet bell pepper and hummus

PowerYourLunchbox.com
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