

Fresh, Fun, and Healthy News!



Back-to-School 2015

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 Pledge**. 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 Pledge at home too. It's at PowerYourLunchbox.com. Your whole family will benefit!

Here's to healthy eating!



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.



Power Your Lunchbox Pledge is brought to you by



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



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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