



Be "Pro-PACK-tive!"

7 Reasons to Pack a Healthy School Lunch

Source: cspinet.org/nutritionpolicy/smartsnacks.html

1 Many kids consume up to **HALF** their daily calories in school

2 Sets a **HEALTHY TREND** with classmates

3 Boosts **BRAIN POWER** in the classroom

4 The average child who buys snacks at school eats nearly **300 EXTRA CALORIES** per day.

5 **MORE STAMINA** for sports & gym

6 Kids learn to **EAT & THINK HEALTHY**

7 **DISCOURAGES** buying sweets & junk food in school





Produce for Kids® provides 200+ RD-approved recipes, expert advice, and tips from fellow parents to help families eat healthier. Enjoy these fruit and veggie-centered activities, then visit **produceforkids.com** for simple and delicious lunchbox, dinner and after-school snack recipes.

1. My favorite fruit: _____
2. My favorite vegetable: _____
3. A fruit I've never tried: _____
4. A vegetable I've never tried: _____
5. A fruit or veggie that starts with the letter of my first or last name: _____
6. A fruit or veggie that was grown in the U.S.: _____
7. A fruit or veggie that was grown in another country: _____
8. A produce rainbow: _____

Fruit & Veggie Word Search

M	A	N	G	O	C	N	T	R	S	T	C	H	B	Avocado
U	F	G	Q	W	S	T	B	U	I	N	E	Y	R	Banana
S	R	T	A	V	O	C	A	D	O	G	L	K	O	Broccoli
H	L	C	P	I	A	T	N	E	T	R	E	V	C	Carrot
R	C	A	M	T	O	M	A	T	O	C	R	B	C	Celery
O	E	R	W	C	O	R	N	Q	Z	R	Y	G	O	Corn
O	R	R	H	V	T	M	A	J	T	E	I	P	L	Kiwi
M	O	O	N	I	O	N	T	G	D	K	I	W	I	Mango
P	S	T	R	A	W	B	E	R	R	Y	T	Y	D	Mushroom
W	R	A	T	D	C	Q	T	O	M	A	T	O	H	Onion
														Tomato
														Strawberry