
Meals

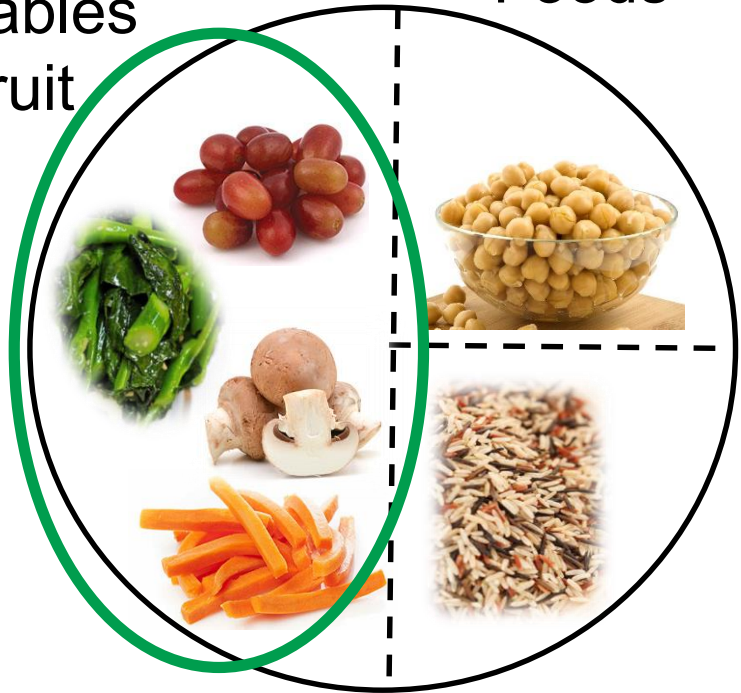
to Go

**Make a
healthy meal**

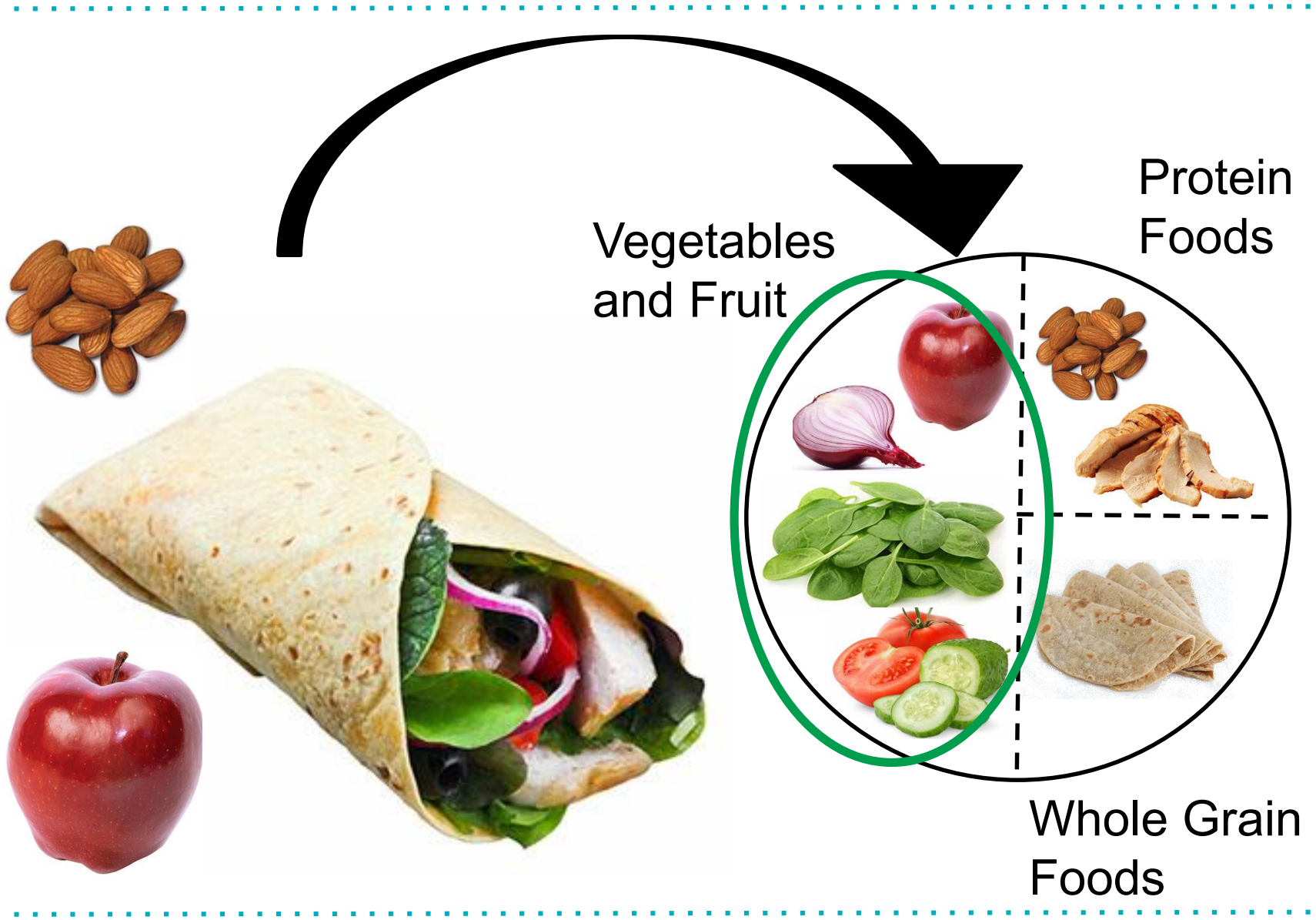


Vegetables
and Fruit

Protein
Foods



Whole Grain
Foods



Vegetables
and Fruit

Protein
Foods

Whole Grain
Foods



✓ **Water**



✓ **Milk**



✓ **Soy
Beverage**

**Make half
your meal
vegetables
and fruit!**

**Choose
water, milk, or
soy beverage
to drink!**

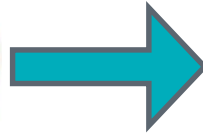
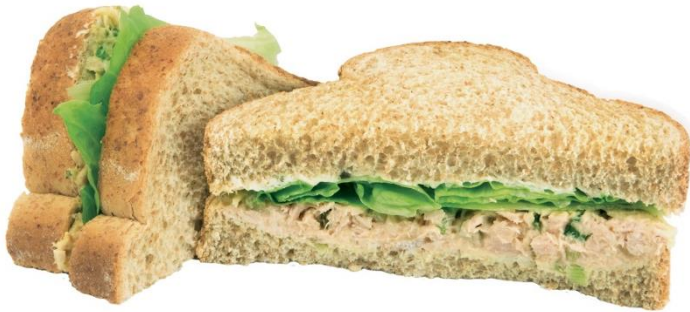
Pack it up

Meals to Go



Food container

Meals to Go



Plastic Bag

Drinks to Go



Water bottle



Drinks to Go



Drink container

**Keep
food safe**

Keep Food Cold!



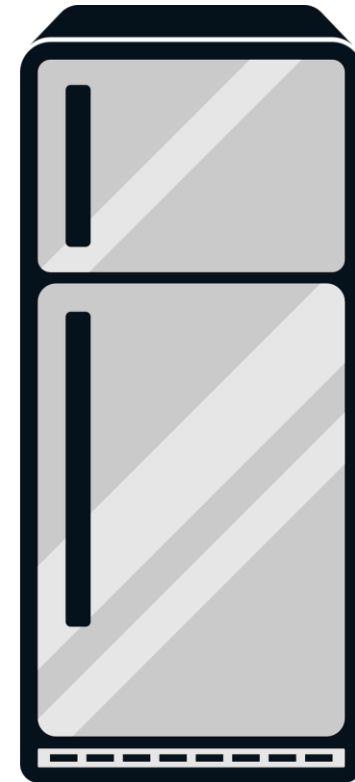
Food container



Ice pack
and lunch bag



Keep Food Cold!



Food container

Refrigerator



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