

Help Your Child Make Healthy Lunch Choices

There are many things you can do as a parent to teach your kids to make healthy food choices. Here are some tips for helping them make good choices while they are at school:

- Teach them the benefits of healthy eating
- Teach them which foods are healthy
- Teach your child how to read nutrition labels on foods and beverages
- Pack a note in your child's lunch box or backpack, reminding them to read food labels

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<https://www.myplate.gov/tip-sheet/healthy-eating-kids>

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