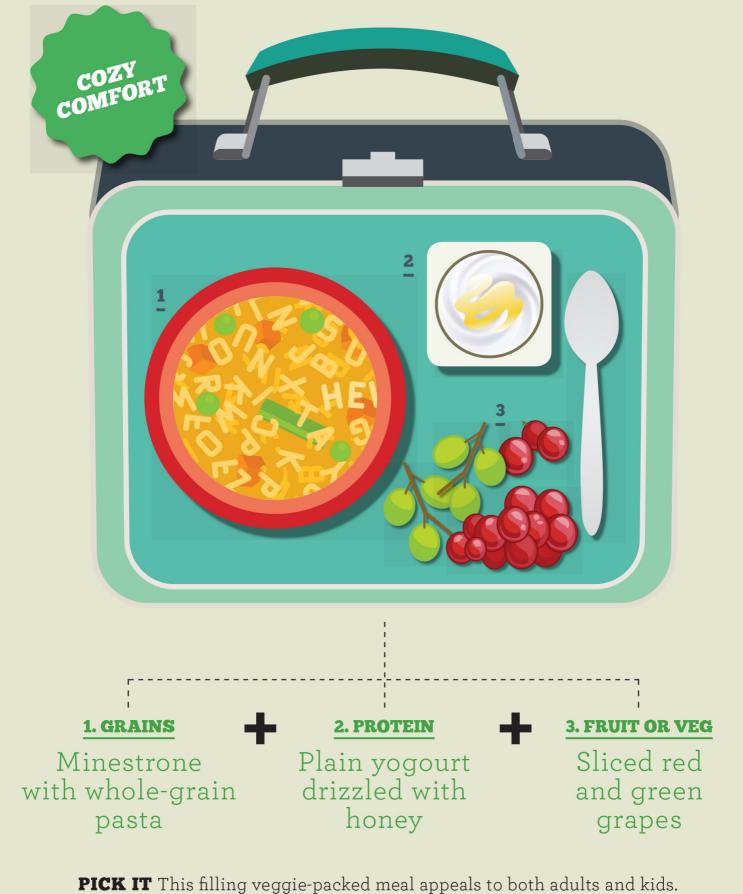


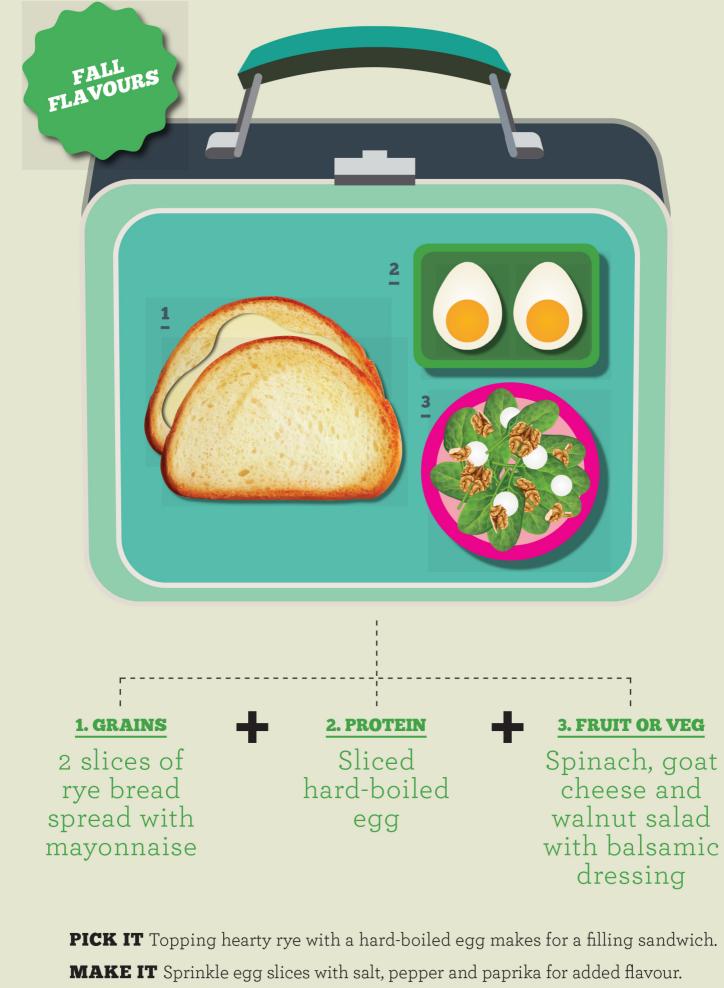
HOW TO PACK A BETTER LUNCH

Building a better lunch box is as easy as one, two, three. Pack one dish from each column—**grains**, **protein** and **fruit or veg**, and you've got yourself a portable meal that's as nourishing as it is delicious.



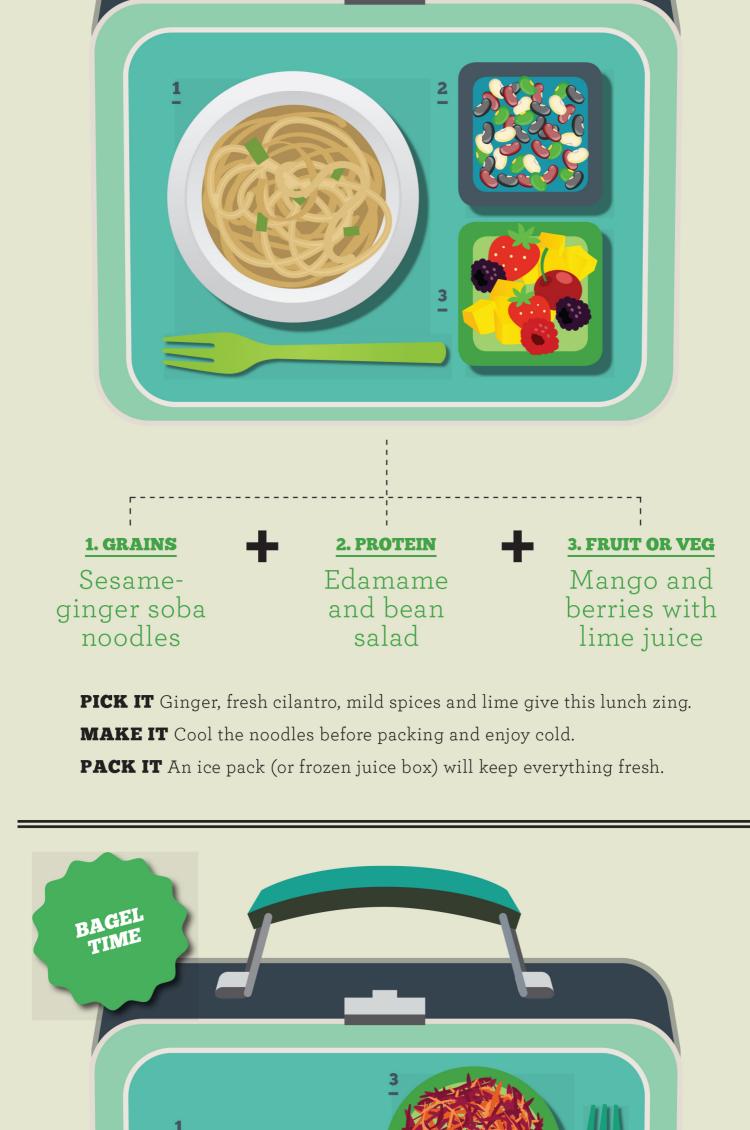
PACK IT Keep minestrone warm in a Thermos.

MAKE IT Save leftover pasta from dinner to bulk up the soup.



INGERY

PACK IT Transport the dressing in a single-serving jar for drizzling.





Canada's Food Guide suggests eating whole grain foods such as whole grain bread, pasta, quinoa and oats.PROTEIN helps build and repair body tissues. Protein is found

in meat, poultry, fish, eggs, dairy, legumes, nuts, seeds and tofu.

• GRAIN products have carbohydrates and provide energy.

• FRUIT OR VEG should be part of every meal. Pack baby carrots, cherry tomatoes and clementines for snacks on the go.