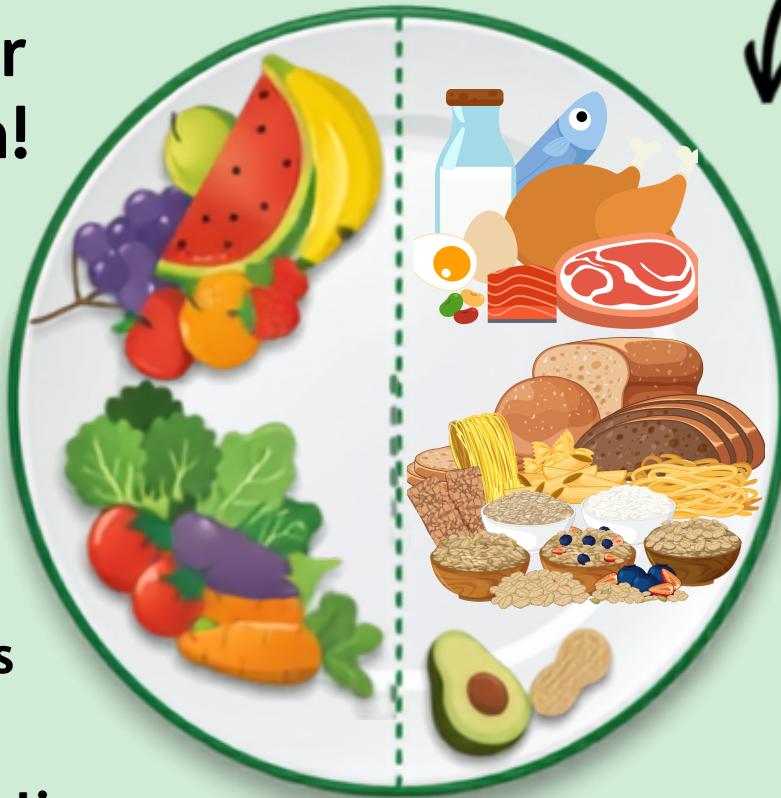


Eat Smart Today

Build A Better Lunch!

$\frac{1}{2}$ should be fruits and vegetables



Other $\frac{1}{2}$ should be:



Protein



Whole Grains



Healthy Fat

Why Eating Healthy Matters



Increases brain function



Improves mood and behavior



Allows you to stay focused

Smart Snacks



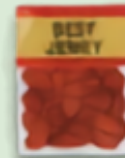
Peanut Butter + Apple



Cheese Stick + Grapes



Trail Mix



Beef Jerky



Popcorn

Fuel Your Day

Choose Smart Snacks and Lunches

Further Resources

Albin, Jaclyn. “Healthy School Lunches? A Culinary Medicine Expert Prescribes Fresh, Tasty Strategies .” *UT Southwestern Medical Center*, 2025.



“Healthy Body, Healthy Mind: The Impact of School Lunch on Student Performance.” *Campbellsville University* , 2016.



Kubala, Jillian. “40 Healthy Snacks for Hungry Teens.” *Healthline*, 2020.

