

# BUILD A BALANCED LUNCH

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Hello Shoppers! Are you looking for a simple formula for building a well-balanced lunch for kids? We've got you covered! Start with protein, like a hard-boiled egg, turkey and cheese roll-up, yogurt, or beans. Add a grain, like whole-wheat bread, granola, quinoa, or muffin. And, of course, include produce like blueberries, dried fruit, carrot sticks, and cucumber slices. Make it fun with dips, unique utensils, colorful containers, and a cute presentation. Need some inspiration? Try an egg salad with cucumber slices, whole grain crackers, and frozen grapes! Eggs are a naturally nutrient-rich choice and are incredibly versatile with limitless ways to nourish and delight the whole family.

VIDEO/RADIO SCRIPT



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