

Who's Down with F-V-P?

Here is an easy and fun way for you and your child to pack a healthy lunch. Together, cut out the squares below. Place the squares from each category into a bag. Pull one paper from each of the three bags when deciding what to pack for lunch. If a food is picked that is unavailable, choose again. Use the empty squares to fill in any additional favorites.

Fruit	Vegetable	Protein
Apple	Cucumber	Ham
Banana	Celery	Turkey
Berries	Tomato	Tuna Fish
Grapes	Carrots	Hard-boiled Egg
Applesauce	Greens	Egg Salad
Orange	Corn	Tofu cubes
Kiwi	Peas	Chicken
Pineapple	Green Beans	Nuts
Cherries	Sweet Potato	Cottage Cheese
Dried Fruit	Broccoli	Yogurt
Pear	Cauliflower	Cheese
Apricot	Peppers	Nut Butter
Peaches	Squash	Sunflower Seeds
Melon	Edamame	Roast Beef
Mango	Sprouts	
Grapefruit	Asparagus	