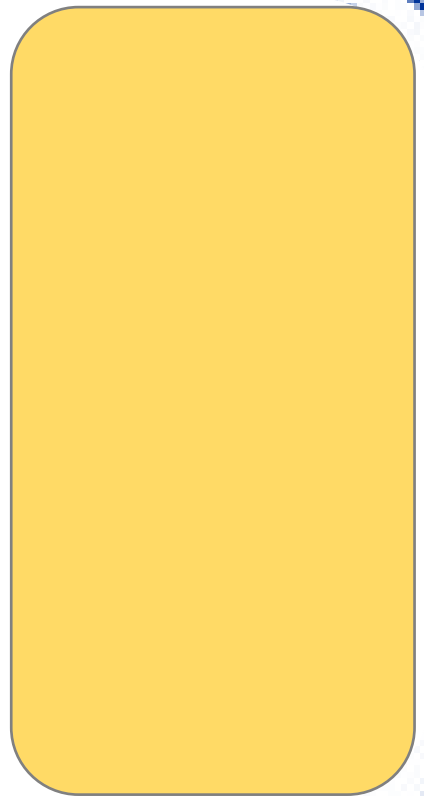
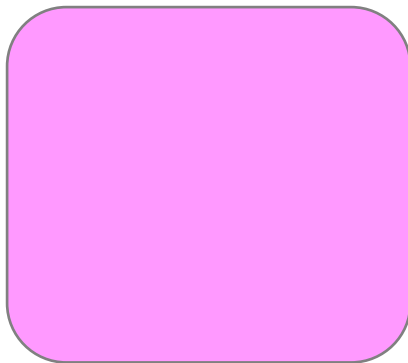


**What's in your  
Lunch Box -  
Junk Box?**



# Junk Box - Swap Box?

Fruit &  
Vegetables

Proteins

Oils/Spreads

Dairy

Carbohydrates