

Nutrition Parent Resources

Packing a Healthy School Lunch Slideshow

https://docs.google.com/presentation/d/1R_dTQLgK1h0UrK7DP0WDaYZwFI47YfjL_GbK8uSFJWJQ/edit?ts=5d727aee#slide=id.g35f391192_00

Choose My Plate - United States Department of Agriculture

<https://www.choosemyplate.gov/>

Nutrition.gov

<https://www.nutrition.gov/>

Healthy Children

<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/default.aspx>

Let's Eat Healthy

<https://www.healthyeating.org/nutrition-topics/general>

National School Lunch Program

<https://www.fns.usda.gov/nslp#:~:text=Feeding%20the%20Future%20with%20Healthy,to%20children%20each%20school%20day.>