

# HEALTHY LUNCHBOX



**Improve your lunchtime nutrition by following healthy plate guidelines: fill at least half of a 9 inch dinner plate with fruits & vegetables, one quarter plate with whole-grain foods, one quarter plate with lean protein.**

Get 1 point per day when your lunchtime meal meets these healthy plate guidelines. If your total points for the month are 20 or greater, you will earn a \$20 HRA contribution!

