

Good Nutrition = Good Learning

To help your kids concentrate better and be successful learners, pack nutritious lunches which include choices from each of the four food groups from *Canada's Food Guide*. For more information on the new Food Guide go online at www.myfoodguide.ca. Customize a food guide for each family member!



For More information,
call a Registered Dietitian
at 1-800-660-5853 or 613-345-5685
or visit www.healthunit.org/nutrition

Developed by Renfrew County and District Health Unit