

# *Building a community of healthy children, one lunchbox at a time*

It's time to make lunch. Are you out of ideas? Out of time? On a budget? If yes, *LunchBox Envy* is for you. It will help you to make delicious, healthy lunches that all the kids will envy.



*Preventing obesity in children can help prevent diabetes, heart disease and other disabilities. LunchBox Envy is a fun resource for busy families who have to be cost conscious, yet want to serve their children yummy, healthy food. And cooking with children teaches them an important life skill. Enjoy it!*

**Ann Lindsay, MD**  
Associate Director,  
Stanford Coordinated Care

*Good nutrition is vital to children's growth, development and learning. Kids' brains need fuel in order to concentrate and absorb the information they are learning in the classroom. LunchBox Envy is rich with tips, tools, and recipes to feed, nurture and foster a lifetime of good health.*

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