

May 2024 If you require this information in an accessible format, contact 1-800-841-2729.

HEALTH
DEPARTMENT



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/health



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Lunchbox



Circle what you want to pack in your lunchbox!

Meals and snacks that are healthy include fruits and vegetables, whole grains, and protein foods. Make vegetables and fruits half of whatever meal or snack you're having.

