

# What your child's lunch says about you



The crust-free turkey sandwich =  
**You go above and beyond to make them happy.**



The “Good Luck on Your Test” handwritten note =  
**You always know how to make them smile.**



The lack of sugary drinks =  
**You know there's something better.**

Sugary drinks can put children at risk, which is why keeping them out of their lunch, and their home, can make a big difference in keeping them healthy. Find something better — a drink that you and your child can love.

Dozens of choices a mom can love.  
**BetterBeverageFinder.org**

HOWARD COUNTY.  
*Unsweetened.*<sup>™</sup>  
Life is better here