Healthy Lunchboxes E-Campaign Emails [3 weeks]:

**Week 1:**

Subject Line – Healthy Lunchboxes Week 1 – Lunchbox Reference Guide and Checklist

Good day company name!

Seeing how it’s back to school for families, it is timely to present a September e-mail campaign about Healthy Lunchboxes and back-to-school strategies. This series will include lunchbox reference guides, meal planning ideas, and recipes. Stay tuned!

This week enjoy reading about what should make up a healthy lunchbox. What food groups are included in the lunchbox? Are the kids eating from at least three food groups? Also, print off the attached and post in your kitchen so your kids can participate in the lunch-making process. Or, use the checklist as reminders as the lunches are packed!

ATTACHED: A Healthy Lunch Gives Me Energy AND Lunchbox Reference Guide

Thanks for your time.

**Week #2:**

Subject Line – Healthy Lunchboxes Week 2 – Meal Planning

This week, how about some meal planning ideas? Attached, enjoy reading about some strategies to alleviate some of the mental work in preparing lunches. Also, attached is an example meal plan and a blank one you can use.

ATTACHED: Healthy Lunchboxes Handout AND Weekly Meal Planner

Thanks for your time.

**Week #3:**

Subject Line – Healthy Lunchboxes Week 3 – Recipes!

This week, why not try some kid-friendly recipes? Attached are three recipes you can make at home. Remember to make extra large batches for efficient meal planning!

ATTACHED: Almond Crusted Chicken Strips, Fibre Packed Granola Bars, Deep Dish Cookie Pie

Thanks for your time. We hope you enjoyed this series!

Stay tuned for upcoming wellness initiative announcements.