



The Lunch Bag

Growing up, I was always 'school-fed'. I had breakfast at home sometimes, lunch was always what the school provided (other than the weekend or summer) and dinner was at home. Because of this, I did not understand the joy and strength that comes from owning and USING a lunch bag!! It's a great tool to use when you are on your individual journey to better nutrition. The size of the lunch bag can determine everything including portion control, the amount of meals and snacks you can carry at a time and how you feel about the food you are eating. I now have a lunch bag and it has changed my life. I feel more in charge of my choices and my day. If you want, a brown paper bag is a start. But, you'll find that the more you are invested, the more you want the cute bag! Don't give yourself any room for those drive-thru justifications, invest in you!