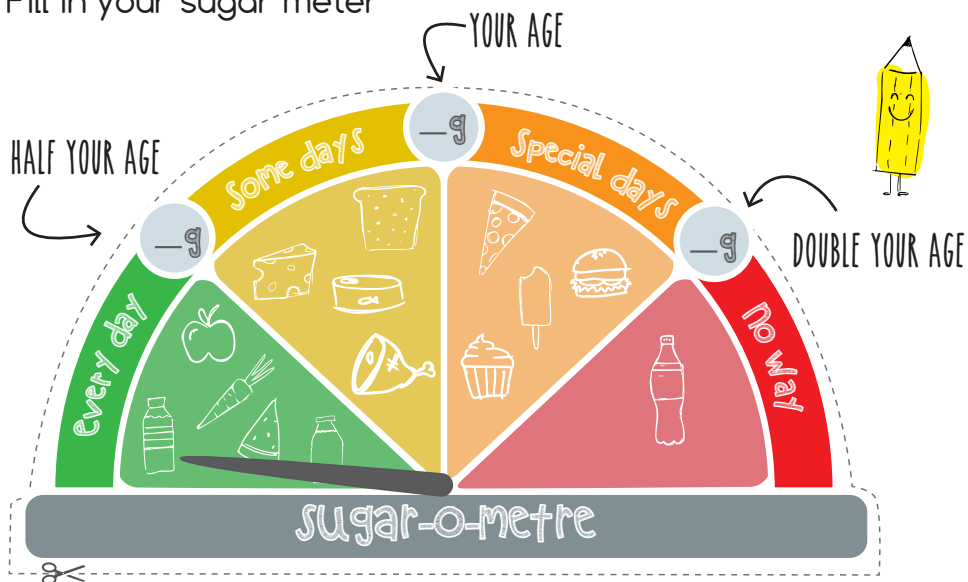
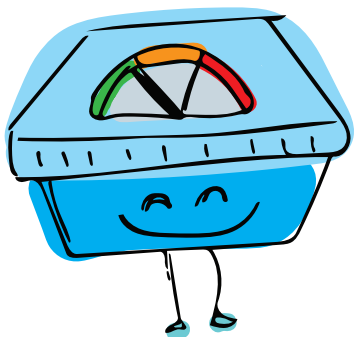


DON'T BE SLACK READ THE PACK

1. Fill in your sugar meter



2. Stick your sugar meter on your lunch box



3. Read the sugar label on your food packets and check it against your sugar meter

