



CULTURE OF WELLNESS FEATURE

School Lunches Around the World

PB&J may seem like a lunchtime staple in the United States but kids around the world are eating nutrient-dense meals that encompass all food groups, keeping kids happy and healthy! Here are some great examples of lunches around the globe:

Paris, France: Pike Fish, Green Beans, and Mushrooms

Barcelona, Spain: Cream of Vegetable Soup, Veal, Salad, and an Orange

London, England: Pasta, Fresh Broccoli, Slice of Bread and Seasonal Fresh Fruit

Jakarta, Indonesia: Rice, Meatball Soup, Tofu and Vegetables



Join the Voyage!

There are many ways that you can get involved with the 2014 CORE Wellness theme Culture of Wellness. Explore our Culture of Wellness website culture.acicorewellness.com that houses our monthly feature, international recipes submitted by you and our nutrition experts, links to worldly websites such as the 2014 Sochi Olympics, and even spotlight stories of employee experiences abroad. Stay tuned for more information about Culture of Wellness challenges, events, videos and more through the monthly CORE Wellness newsletter and our social media outlets.



For more information contact a specialist at **800.932.0034** or email askthepros@acispecialtybenefits.com

