

# Carbon-Friendly Lunch Challenge Placemat



Vegetables

Fruits

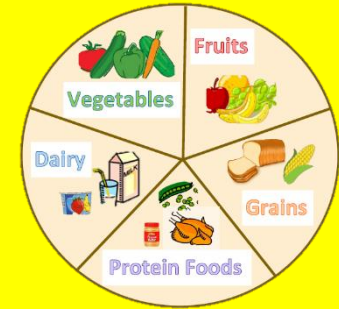


Grains



Dairy

Protein  
Foods



Combination  
Foods