



Farm Star Living Showcases Back to School Recipes for Farm-Fresh Lunchboxes!

Atlanta, GA -- Aug 10, 2015 / (<http://www.myprgenie.com>) -- Just in time for the “Back-to-School” season, Farm Star Living, a national lifestyle brand promoting the farm to *everything* movement and a healthy lifestyle, has created a week of *Farm-Fresh Lunchboxes* that can help parents plan and prepare a nutritious and delicious week ahead.

“We know how challenging it can often be to get children to eat fruits and vegetables, and making sure that they have a well-balanced, nutritious diet” says Mary Blackmon, Founder of Farm Star Living. “However, we have planned a full week of lunchboxes with ‘sweets’ that are quite nutritious, which is perfect for parents who are seeking some farm-fresh inspiration.”

Every lunchbox created offers a kid-friendly, nutritionally balanced lunch to help kids develop healthy immune systems, and strong brains and bodies. Each lunchbox showcased includes a vegetable and a sweet fruit as dessert. To create these balanced lunchboxes, Farm Star Living has partnered with Seald Sweet for their fresh, juicy citrus.

During the back-to-school season, Seald Sweet’s summer citrus is the perfect fruit for lunchboxes. Farm Star Living’s lunch boxes include Seald Sweet’s delicious and juicy South African navel oranges and Mandarina’s™ exceptionally sweet, “easy-peeler” mandarins. Mandarina’s™ mandarin varieties are the best of the mandarin category and include varieties such as Murcotts and Clemengold® mandarins. These fruits are seedless with outstanding eating quality, high sugars, and an intensely rich flavor. Clemengold® mandarins are a proprietary variety from some of the finest growing regions in South Africa and are only available through limited suppliers, such as Seald Sweet, in late August through October.

Citrus is the perfect fruit for lunchboxes to help students be at their best learning potential. Oranges and mandarins are refreshing and delicious, and offer a wide range of nutritional benefits such as combating fatigue, providing energy, and the high vitamin C helps fight colds and increases immunity.

For more information on these Back to School recipes for Farm-Fresh Lunchboxes and nutritional benefits, visit Farm Star Living: www.farmstarliving.com/lunchboxes and [A-Z fresh food guide](#).

About Farm Star Living:

Launched in October, 2013, the website www.farmstarliving.com showcases the farm to *everything* movement, including a healthy [A-Z fresh food guide](#), farmer profiles, a **Farm to Table Finder**, a national **Farm Fun Finder** (directory of farms and their activities) and more. Founder Mary Blackmon says, "It's easy to support our farmers everywhere simply by embracing this farm-supportive way of life – a lifestyle we call *Farm Star Living*." Follow Farm Star Living at www.facebook.com/farmstarliving and @farmstarliving on Twitter, Instagram, and Pinterest.

About Seald Sweet:

Seald Sweet was founded in 1909 as a Florida citrus grower cooperative. In 1998, Seald Sweet merged with UNIVEG, transforming the company to a global marketer through their international network of companies. Today Seald Sweet is a leading supplier of the citrus category and grapes, apples, pears and more through their global network of companies and partners.

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