

A smiling male worker with short brown hair and a light beard, wearing a blue work uniform, is sitting in the driver's seat of a vehicle. He is holding a sandwich with lettuce and meat in his right hand and a white lunchbox in his left. The lunchbox is open, showing a red apple, a yellow banana, and several sandwiches. A red thermos is visible on the dashboard to his left. The background shows the interior of the vehicle, including the steering wheel and various tools and equipment.

HAPPY MEAL.

Being well hydrated is crucial for both physical health and mental performance.

Choosing healthier food can provide slow-release energy throughout the day.