

# FUN HEALTHY LUNCH BOX CARDS



A few bites of veggies at lunch keeps your body feeling great!

**Happy Lunch!**



Eating a healthy lunch gives you energy to think and play in the afternoon!

**Happy Lunch!**



Be like a Cool Cow and drink milk everyday!

**Happy Lunch!**



Enjoy your lunch! A little meat, beans, nuts and seeds keeps you growing tall!

**Happy Lunch Time!**



Fruits taste so sweet and yummy for your tummy. Have some for lunch!

**Happy Lunch Time!**



A healthy lunch has foods from at least 4 of the food groups!

**Happy Lunch Time!**



Visit [www.ChefSolus.com](http://www.ChefSolus.com) for free printable worksheets for kids, nutrition education games, healthy eating tips, exercise and healthy goals and weekly healthy food trackers, fitness activity goal sheets and school lunch and snack ideas and more!

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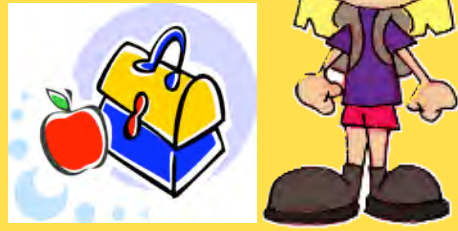
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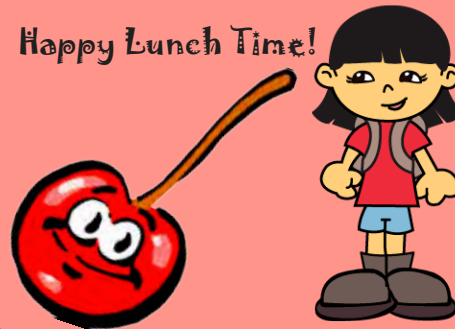
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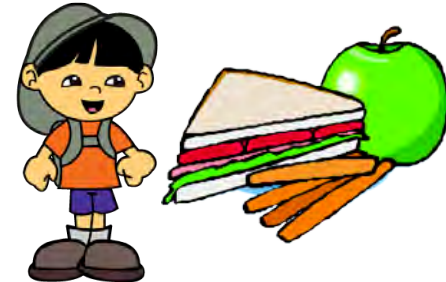
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Lunch cards are a fun way to remind your child the importance of eating a healthy lunch everyday! It is also a very sweet way to reach out to your child when they are away and remind them that you have thought of them. Put a smile on your child's face during lunch time with our Healthy Messages Lunch Cards!

## Supplies Needed:

scissors  
pen

## Instructions:

Print out this pdf.

Cut out the lunch cards on the dotted lines.

Write a little personal note on the back or just sign it with love! (optional)

Place card in your child's lunch box or lunch bag!

Or if your child buys their lunch, put the lunch card with their lunch money to remind them to make healthy lunch choices.

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