

FUN HEALTHY EASTER LUNCH BOX CARDS



Eggs are part of the Meat and Beans group.

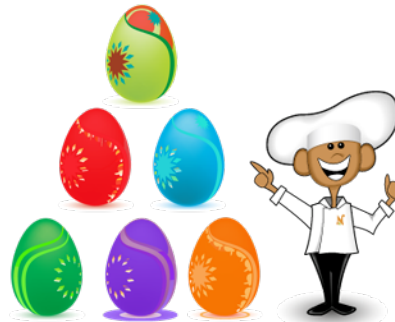
So are seeds and nuts!

Happy Easter!



Color your plate like the Food Pyramid for a healthy meal.

Happy Easter!



Be like a bunny and hop, run and play. Be active every day!

Happy Easter!



Easter rabbits eat lots of vegetables and fruits!

Happy Easter!



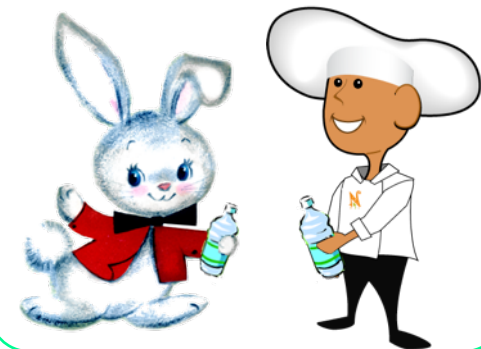
Chocolates are a tasty **once in a while** treats.

Happy Easter!



Healthy bunnies and kids drink water every day.

Happy Easter!



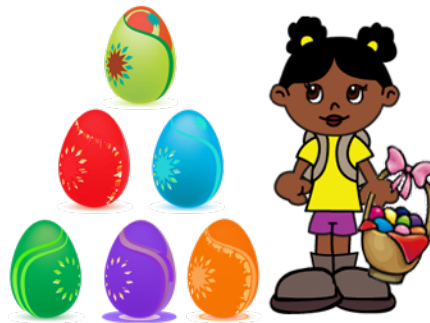
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Lunch cards are a fun way to remind your child the importance of eating a healthy lunch every day!
It is also a very sweet way to reach out to your child when they are away and remind them that you have thought of them.

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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.